



Curried Squash and Basmati Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups rice rinsed drained
- ☐ 0.3 cup butter
- ☐ 1 pound butternut squash
- ☐ 1.5 tablespoons curry powder
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 3 tablespoons ginger fresh minced
- ☐ 1 tablespoon garlic minced
- ☐ 2 cups onions minced

- ☐ 0.5 teaspoon salt
- ☐ 3 cups vegetable broth

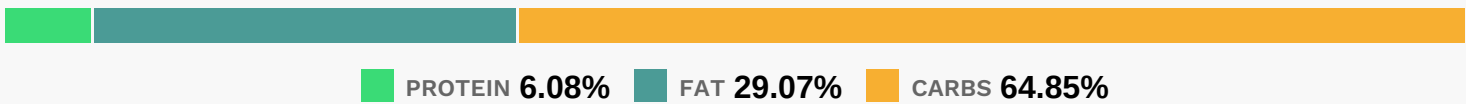
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Peel squash and cut in half lengthwise.
- ☐ Remove and discard seeds.
- ☐ Cut squash into 1/2- to 3/4-inch cubes (you should have 2 1/2 cups).
- ☐ In a 5- to 6-quart pan over medium heat, frequently stir onions, ginger, and garlic in butter until onions are very limp, 10 to 15 minutes.
- ☐ Add rice and stir often until opaque, about 5 minutes.
- ☐ Add curry powder and stir for 30 seconds longer.
- ☐ Stir in 1/2 teaspoon salt, squash, and broth. Bring to a boil over high heat; reduce heat, cover, and simmer, stirring occasionally, until rice and squash are tender to bite, 16 to 18 minutes. Stir in cilantro and salt to taste. Spoon into a bowl.

Nutrition Facts



Properties

Glycemic Index:26.9, Glycemic Load:18.19, Inflammation Score:-10, Nutrition Score:11.829565293115%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 247.8kcal (12.39%), Fat: 8.12g (12.49%), Saturated Fat: 1.7g (10.64%), Carbohydrates: 40.77g (13.59%), Net Carbohydrates: 38.05g (13.84%), Sugar: 3.82g (4.25%), Cholesterol: 0mg (0%), Sodium: 593.78mg (25.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.64%), Vitamin A: 6571.87IU (131.44%), Manganese: 0.62mg (30.77%), Vitamin C: 15.48mg (18.77%), Vitamin B6: 0.22mg (11.14%), Fiber: 2.71g (10.86%), Potassium: 334.66mg (9.56%), Vitamin E: 1.41mg (9.42%), Magnesium: 36.5mg (9.12%), Selenium: 6.08µg (8.68%), Phosphorus: 78.77mg (7.88%), Copper: 0.15mg (7.56%), Vitamin B1: 0.11mg (7.06%), Folate: 27.89µg (6.97%), Vitamin B3: 1.35mg (6.75%), Vitamin B5: 0.65mg (6.48%), Iron: 1.13mg (6.26%), Calcium: 56.73mg (5.67%), Zinc: 0.6mg (3.99%), Vitamin B2: 0.05mg (2.82%), Vitamin K: 2.27µg (2.16%)