



Curry Carrot Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

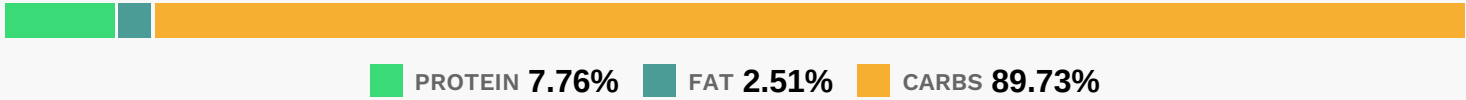
- ☐ 0.8 cup carrots grated
- ☐ 1 teaspoon madras curry powder
- ☐ 2 tablespoons golden raisins
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 cups unseasoned rice simmered in water long-grain white hot cooked

Equipment

Directions

☐ Start with hot cooked rice simmered in water. Stir carrot, raisins, curry powder, and kosher salt into rice.

Nutrition Facts



Properties

Glycemic Index:54.38, Glycemic Load:27.89, Inflammation Score:-10, Nutrition Score:7.5265217967655%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 136.82kcal (6.84%), Fat: 0.38g (0.59%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 30.81g (10.27%), Net Carbohydrates: 29.35g (10.67%), Sugar: 5.63g (6.26%), Cholesterol: 0mg (0%), Sodium: 163.85mg (7.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.33%), Vitamin A: 4014.37IU (80.29%), Manganese: 0.45mg (22.61%), Selenium: 6.09µg (8.7%), Vitamin B6: 0.14mg (6.83%), Fiber: 1.45g (5.82%), Phosphorus: 52.74mg (5.27%), Copper: 0.1mg (4.84%), Potassium: 168.15mg (4.8%), Magnesium: 16.26mg (4.06%), Vitamin B5: 0.38mg (3.84%), Vitamin K: 3.93µg (3.74%), Vitamin B3: 0.65mg (3.27%), Zinc: 0.49mg (3.26%), Iron: 0.51mg (2.85%), Vitamin B2: 0.04mg (2.35%), Vitamin B1: 0.03mg (2.23%), Calcium: 22.27mg (2.23%), Vitamin C: 1.71mg (2.08%), Vitamin E: 0.31mg (2.06%), Folate: 7.93µg (1.98%)