



Double Sesame Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons sesame oil dark
- ☐ 2 spring onion diagonally sliced
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 teaspoon sesame seed toasted
- ☐ 2 cups rice long-grain white hot cooked

Equipment

Directions

☐

Start with hot cooked rice simmered in water. Stir sesame oil, sesame seeds, kosher salt, black pepper, and green onions into rice.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:24.04, Inflammation Score:-1, Nutrition Score:3.4582608575406%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 125.48kcal (6.27%), Fat: 2.48g (3.82%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 22.89g (7.63%), Net Carbohydrates: 22.33g (8.12%), Sugar: 0.18g (0.2%), Cholesterol: 0mg (0%), Sodium: 147.17mg (6.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.67%), Manganese: 0.41mg (20.55%), Vitamin K: 12.9µg (12.28%), Selenium: 6.14µg (8.77%), Copper: 0.08mg (4.08%), Vitamin B6: 0.08mg (4.07%), Phosphorus: 39.53mg (3.95%), Magnesium: 12.65mg (3.16%), Vitamin B5: 0.31mg (3.15%), Zinc: 0.45mg (3.01%), Fiber: 0.56g (2.25%), Vitamin B3: 0.37mg (1.86%), Iron: 0.33mg (1.85%), Calcium: 17.74mg (1.77%), Folate: 6.72µg (1.68%), Vitamin B1: 0.02mg (1.55%), Potassium: 48.24mg (1.38%), Vitamin C: 1.13mg (1.37%), Vitamin A: 60.55IU (1.21%)