



Easy Spiced Brown Rice With Corn

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



154 kcal

SIDE DISH

Ingredients

- 1 cup brown rice
- 1 cup corn kernels frozen
- 0.5 teaspoon cumin seed
- 0.5 teaspoon cilantro leaves dried
- 1 tablespoon olive oil
- 0.5 teaspoon salt
- 2 cups water

Equipment

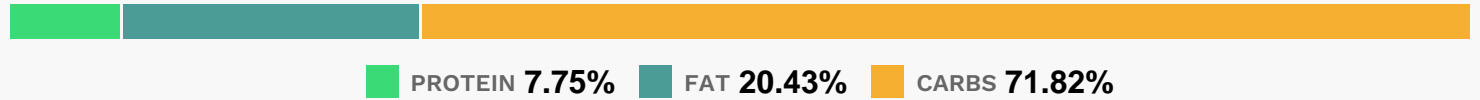
sauce pan

Directions

In a saucepan, mix the water, rice, olive oil, and salt, and bring to a boil.

Mix in the corn, cilantro, and cumin. Reduce heat, cover, and simmer 45 to 60 minutes, until the liquid has been absorbed.

Nutrition Facts



Properties

Glycemic Index:10.63, Glycemic Load:13.54, Inflammation Score:-2, Nutrition Score:6.6656522310298%

Nutrients (% of daily need)

Calories: 154.22kcal (7.71%), Fat: 3.55g (5.47%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 28.11g (9.37%), Net Carbohydrates: 26.47g (9.62%), Sugar: 1.22g (1.35%), Cholesterol: 0mg (0%), Sodium: 255.38mg (11.1%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Manganese: 1.22mg (61.15%), Magnesium: 50.3mg (12.57%), Phosphorus: 97.05mg (9.7%), Vitamin B1: 0.14mg (9.47%), Vitamin B6: 0.17mg (8.6%), Vitamin B3: 1.65mg (8.23%), Fiber: 1.64g (6.57%), Vitamin B5: 0.57mg (5.7%), Copper: 0.11mg (5.55%), Zinc: 0.74mg (4.96%), Iron: 0.77mg (4.29%), Folate: 16.49µg (4.12%), Potassium: 124.36mg (3.55%), Vitamin E: 0.37mg (2.44%), Vitamin B2: 0.04mg (2.27%), Calcium: 15.43mg (1.54%), Vitamin K: 1.53µg (1.45%)