



Exotic Indian Tangy Rice



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



343 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cashew pieces coarsely chopped
- ☐ 1 teaspoon cumin seed
- ☐ 10 curry leaves fresh
- ☐ 7 small chile peppers dried
- ☐ 1 teaspoon ground turmeric
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 cups rice long grain rinsed drained
- ☐ 1 teaspoon mustard seed

- ☐ 1 cup yogurt plain
- ☐ 0.5 teaspoon salt to taste
- ☐ 2 tablespoons tamarind paste
- ☐ 2 tablespoons vegetable oil divided
- ☐ 4 cups water

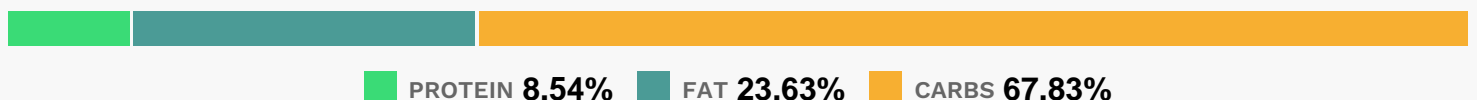
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Measure the water into a large saucepan and bring to a boil.
- ☐ Add the rice and salt, reduce heat to low, cover and simmer for 20 minutes or until rice is tender and the water has been absorbed.
- ☐ Heat 1/2 tablespoon of oil in a small skillet set over medium heat.
- ☐ Add the cashews and toast until fragrant, about 5 minutes.
- ☐ Remove from the heat and set aside.
- ☐ Heat the remaining oil in the same skillet over medium heat.
- ☐ Add the chile peppers, mustard seeds and cumin seeds. Once the seeds start to pop, add the curry leaves and half of the nuts. Cook and stir until fragrant, about 3 minutes.
- ☐ Remove from the heat.
- ☐ When the rice is done, transfer it to a serving bowl and stir in the turmeric, lime juice and tamarind paste, then mix in the chilies and spices along with the oil from the skillet.
- ☐ Garnish with the remaining nuts and serve with plain yogurt on the side.

Nutrition Facts



Properties

Glycemic Index:30.06, Glycemic Load:32.4, Inflammation Score:-10, Nutrition Score:17.031739194756%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 342.82kcal (17.14%), Fat: 8.99g (13.84%), Saturated Fat: 2.12g (13.26%), Carbohydrates: 58.08g (19.36%), Net Carbohydrates: 56.4g (20.51%), Sugar: 4.83g (5.36%), Cholesterol: 5.31mg (1.77%), Sodium: 227.17mg (9.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.31g (14.63%), Vitamin B3: 20.47mg (102.33%), Folate: 207.99µg (52%), Vitamin C: 37.11mg (44.98%), Manganese: 0.82mg (40.97%), Selenium: 12.45µg (17.79%), Phosphorus: 157.12mg (15.71%), Copper: 0.3mg (15.02%), Magnesium: 47.9mg (11.98%), Vitamin K: 11.24µg (10.71%), Calcium: 91.1mg (9.11%), Zinc: 1.32mg (8.81%), Vitamin B5: 0.86mg (8.6%), Iron: 1.48mg (8.23%), Vitamin B6: 0.16mg (7.91%), Vitamin B1: 0.11mg (7.39%), Potassium: 243.99mg (6.97%), Fiber: 1.68g (6.71%), Vitamin B2: 0.11mg (6.64%), Vitamin A: 268.97IU (5.38%), Vitamin E: 0.6mg (4.03%), Vitamin B12: 0.15µg (2.52%)