

Fresh Lemon Rice



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



263 kcal

SIDE DISH

Ingredients

- ☐ 2 cups rice uncooked
- ☐ 1 teaspoon brown mustard seeds
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon extravirgin olive oil
- ☐ 3 tablespoons fresh cilantro fresh chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 0.8 teaspoon salt

☐ 3 cups water

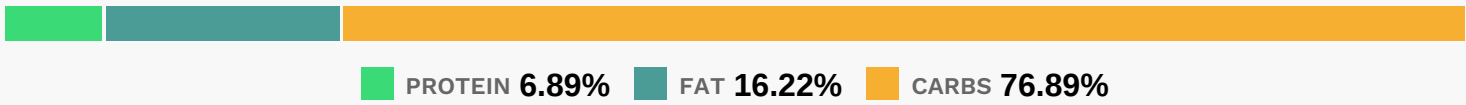
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ spatula

Directions

- ☐ Combine first 3 ingredients in a large saucepan over medium-high heat; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed and rice is tender.
- ☐ Remove pan from heat; let stand 5 minutes. Fluff with a fork.
- ☐ Heat oil and butter in a small skillet over medium-high heat until butter melts.
- ☐ Add mustard seeds to pan; cook 2 minutes or until seeds begin to pop. Scrape seed mixture into rice mixture using a rubber spatula.
- ☐ Add 3 tablespoons cilantro, lemon rind, and lemon juice to rice; stir well.
- ☐ Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:23.86, Glycemic Load:29.68, Inflammation Score:0, Nutrition Score:4.9195651881721%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 263.25kcal (13.16%), Fat: 4.65g (7.15%), Saturated Fat: 1.63g (10.21%), Carbohydrates: 49.54g (16.51%), Net Carbohydrates: 48.65g (17.69%), Sugar: 0.15g (0.16%), Cholesterol: 5.02mg (1.67%), Sodium: 314.88mg (13.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.88%), Manganese: 0.67mg (33.66%), Selenium: 9.38µg (13.4%), Copper: 0.16mg (7.81%), Phosphorus: 71.92mg (7.19%), Vitamin B5: 0.63mg (6.33%), Vitamin B6: 0.1mg (5.17%), Vitamin B3: 0.99mg (4.97%), Zinc: 0.69mg (4.61%), Magnesium: 16.97mg (4.24%), Fiber: 0.88g (3.54%),

Vitamin E: 0.47mg (3.12%), Vitamin B1: 0.04mg (2.96%), Iron: 0.52mg (2.89%), Calcium: 22.75mg (2.28%), Potassium: 75.51mg (2.16%), Vitamin K: 2.25µg (2.14%), Vitamin B2: 0.03mg (1.89%), Vitamin C: 1.56mg (1.89%), Vitamin A: 72.24IU (1.44%), Folate: 5.57µg (1.39%)