



Fruited Curry Rice

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon butter
- 0.3 teaspoon curry powder
- 2 tablespoons cilantro leaves fresh chopped
- 0.3 cup tropical fruit dried chopped
- 0.5 cup rice long-grain instant
- 0.1 teaspoon salt
- 0.5 cup water

Equipment

sauce pan

Directions

- Bring water to a boil in a medium saucepan.
- Add butter and next 4 ingredients; stir gently. Cover and remove from heat.
- Let stand 5 minutes or until water is absorbed.
- Add cilantro, and fluff with a fork.

Nutrition Facts

 **PROTEIN 7.48%**  **FAT 6.71%**  **CARBS 85.81%**

Properties

Glycemic Index:89.59, Glycemic Load:23.1, Inflammation Score:-1, Nutrition Score:4.0660869566643%

Flavonoids

Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 191.13kcal (9.56%), Fat: 1.4g (2.16%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 40.33g (13.44%), Net Carbohydrates: 39.15g (14.24%), Sugar: 2.46g (2.74%), Cholesterol: 2.69mg (0.9%), Sodium: 159.46mg (6.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.03%), Manganese: 0.54mg (27.08%), Selenium: 7.07µg (10.1%), Copper: 0.13mg (6.43%), Phosphorus: 57.9mg (5.79%), Vitamin B5: 0.49mg (4.94%), Fiber: 1.19g (4.74%), Vitamin B6: 0.08mg (4.23%), Magnesium: 16.32mg (4.08%), Vitamin B3: 0.78mg (3.92%), Zinc: 0.56mg (3.71%), Iron: 0.55mg (3.08%), Potassium: 93.46mg (2.67%), Vitamin B1: 0.04mg (2.51%), Calcium: 24.68mg (2.47%), Vitamin K: 2.4µg (2.29%), Vitamin B2: 0.03mg (1.68%), Vitamin A: 61.19IU (1.22%), Folate: 4.82µg (1.21%), Vitamin E: 0.16mg (1.09%)