



Garlic and Ginger Rice (Com Gung Tuong)

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



219 kcal

SIDE DISH

Ingredients

- 3 cups asian chicken stock
- 1 cup cilantro leaves fresh chopped
- 1 tablespoon ginger fresh grated peeled
- 2 garlic cloves minced
- 2 cups jasmine rice uncooked
- 1 tablespoon vegetable oil

Equipment

- bowl

sauce pan

colander

Directions

Place rice in a colander in a bowl. Cover rice with water; stir rice until water turns white. Lift colander; drain liquid in bowl. Repeat procedure twice.

Drain.

Heat oil in a large saucepan over medium heat.

Add ginger and garlic; cook 3 minutes, stirring frequently.

Add rice; cook 1 minute, stirring constantly. Stir in Asian Chicken Stock; bring to a boil. Cover, reduce heat to medium-low, and cook 15 minutes or until liquid is absorbed.

Remove from heat, and stir in cilantro. Cover and let stand 10 minutes. Fluff with a fork.

Nutrition Facts



PROTEIN 10.64% **FAT 13.11%** **CARBS 76.25%**

Properties

Glycemic Index:17.27, Glycemic Load:22.35, Inflammation Score:-2, Nutrition Score:5.532608607541%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 218.52kcal (10.93%), Fat: 3.11g (4.78%), Saturated Fat: 0.63g (3.96%), Carbohydrates: 40.63g (13.54%), Net Carbohydrates: 39.94g (14.52%), Sugar: 1.52g (1.69%), Cholesterol: 2.7mg (0.9%), Sodium: 132.17mg (5.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.34%), Manganese: 0.53mg (26.31%), Selenium: 9.09µg (12.99%), Vitamin B3: 2.2mg (10.98%), Vitamin K: 9.57µg (9.11%), Phosphorus: 79.89mg (7.99%), Copper: 0.16mg (7.95%), Vitamin B6: 0.14mg (7.22%), Vitamin B2: 0.1mg (6.09%), Vitamin B5: 0.49mg (4.87%), Potassium: 164.75mg (4.71%), Vitamin B1: 0.07mg (4.46%), Zinc: 0.65mg (4.35%), Magnesium: 16.25mg (4.06%), Iron: 0.61mg (3.4%), Fiber: 0.69g (2.76%), Vitamin A: 137.73IU (2.75%), Folate: 9.56µg (2.39%), Calcium: 18.49mg (1.85%), Vitamin E: 0.27mg (1.8%), Vitamin C: 1mg (1.21%)