



Ginger-Cilantro Rice

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



311 kcal

SIDE DISH

Ingredients

- 1.3 cups cilantro leaves fresh chopped
- 2 inch ginger fresh minced peeled cut into 4 rounds, plus plus 1 teaspoon ginger
- 1 spring onion thinly sliced
- 1.7 cups chicken broth
- 1 tablespoon sesame oil
- 1 teaspoon rice vinegar ()
- 3 tablespoons vegetable oil
- 1 cup rice long-grain white

Equipment

bowl

Directions

Combine rice and ginger rounds in large saucepan.

Add broth; sprinkle with salt. Bring to boil, stirring often. Cover; reduce heat to low. Simmer until rice is tender and broth is absorbed, about 18 minutes. Meanwhile, combine chopped cilantro, green onion, and minced ginger in mini processor.

Add both oils and 1 teaspoon vinegar. Blend until almost smooth. Season cilantro oil to taste with salt, pepper, and more vinegar, if desired.

Transfer rice to bowl.

Remove ginger rounds.

Mix in cilantro oil and serve.

Per serving: 340 calories, 15 g fat, 2 g fiber

Bon Appétit

Nutrition Facts



PROTEIN 7.08% **FAT 42.46%** **CARBS 50.46%**

Properties

Glycemic Index: 47.55, Glycemic Load: 22.4, Inflammation Score: -4, Nutrition Score: 7.2817390535189%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 310.87kcal (15.54%), Fat: 14.65g (22.55%), Saturated Fat: 2.32g (14.5%), Carbohydrates: 39.2g (13.07%), Net Carbohydrates: 38.3g (13.93%), Sugar: 0.36g (0.4%), Cholesterol: 0mg (0%), Sodium: 35.23mg (1.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.5g (10.99%), Vitamin K: 42.03µg (40.03%), Manganese: 0.54mg (26.97%), Vitamin B3: 2.19mg (10.94%), Selenium: 7.08µg (10.11%), Phosphorus: 87.6mg (8.76%), Copper: 0.17mg (8.72%), Vitamin A: 389.8IU (7.8%), Vitamin E: 1.09mg (7.29%), Potassium: 188.37mg (5.38%), Vitamin B5: 0.51mg (5.09%), Vitamin B6: 0.1mg (5.05%), Zinc: 0.65mg (4.35%), Iron: 0.74mg (4.1%), Magnesium: 16.05mg

(4.01%), Vitamin B2: 0.06mg (3.79%), Fiber: 0.9g (3.59%), Vitamin C: 2.18mg (2.64%), Vitamin B1: 0.04mg (2.56%), Calcium: 23.25mg (2.33%), Folate: 9.31µg (2.33%), Vitamin B12: 0.1µg (1.64%)