



Ginger-Scented Rice



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



198 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 teaspoon kosher salt
- ☐ 3 inch ginger fresh 1-inch-thick peeled
- ☐ 1 cup jasmine rice rinsed
- ☐ 1.5 cups water

Equipment

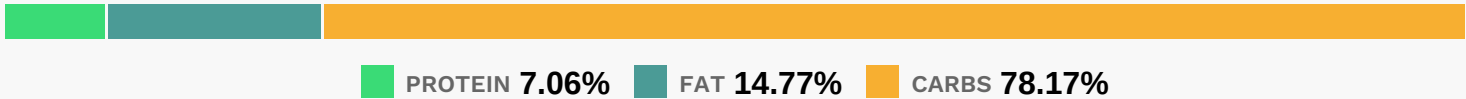
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ garlic press

Directions

- ☐ Using garlic press, squeeze enough freshginger into small bowl to measure 1 1/2tablespoons juice with pulp.
- ☐ Transferringinger to small saucepan.
- ☐ Add 1 1/2 cups water, rice, butter, andsalt to same pan. Cover; bring to boil overhigh heat. Reduce heat to low and cook,covered, until rice is tender, about 15minutes.
- ☐ Remove pan from heat; let rice sit10 minutes. Uncover; fluff rice with fork.

Nutrition Facts



Properties

Glycemic Index:31.55, Glycemic Load:22.38, Inflammation Score:-1, Nutrition Score:3.7152173755609%

Nutrients (% of daily need)

Calories: 198.11kcal (9.91%), Fat: 3.18g (4.9%), Saturated Fat: 1.89g (11.83%), Carbohydrates: 37.91g (12.64%), Net Carbohydrates: 37.21g (13.53%), Sugar: 0.15g (0.16%), Cholesterol: 7.53mg (2.51%), Sodium: 611.31mg (26.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.85%), Manganese: 0.52mg (25.84%), Selenium: 7.06µg (10.08%), Copper: 0.13mg (6.41%), Phosphorus: 55.81mg (5.58%), Vitamin B5: 0.48mg (4.83%), Vitamin B6: 0.08mg (4.22%), Vitamin B3: 0.78mg (3.9%), Magnesium: 14.79mg (3.7%), Zinc: 0.54mg (3.57%), Fiber: 0.71g (2.83%), Vitamin B1: 0.03mg (2.26%), Iron: 0.41mg (2.26%), Potassium: 75.93mg (2.17%), Calcium: 17.65mg (1.77%), Vitamin A: 87.46IU (1.75%), Vitamin B2: 0.03mg (1.51%), Folate: 4.38µg (1.1%)