

 **56%**
HEALTH SCORE

Healthy Brown Rice Pongal



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



3

CALORIES



227 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup brown rice
- ☐ 1 Pieces cashews broken into as needed (Optional)
- ☐ 2 teaspoons cumin
- ☐ 5 to 6 curry leaves
- ☐ 1 tablespoon ghee
- ☐ 1 tablespoon ginger grated
- ☐ 1 teaspoon pepper powder black
- ☐ 3.3 cups water

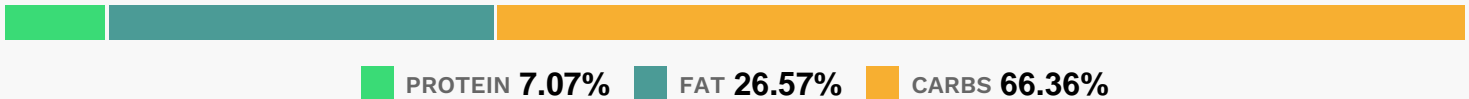
Equipment

- ☐ frying pan
- ☐ stove
- ☐ pressure cooker

Directions

- ☐ Wash the rice and daal together a couple of times.
- ☐ Add the rice, daal, water, pepper powder, cumin and grated ginger in a pressure cooker directly and let it stand for at least 30 minutes. Soaking brown rice in water before cooking is suggested for added health benefits. You need not do this if using white rice.Cook it in low-medium heat and leave it for 6 whistles. Switch of the stove and remove the cooker from the stove.Meanwhile in a small frying pan heat the ghee, add the curry leaves and fry the cashew pieces (if using) until golden brown.Once you are able to open the cooker add required amount of salt and pour the heated ghee and mix well.Eat it hot with chutney, sambar or the traditional accompaniment Eggplant Gojju or Gothsu.

Nutrition Facts



Properties

Glycemic Index:45.32, Glycemic Load:20.49, Inflammation Score:-6, Nutrition Score:17.654347742381%

Nutrients (% of daily need)

Calories: 227.03kcal (11.35%), Fat: 6.74g (10.37%), Saturated Fat: 3.41g (21.31%), Carbohydrates: 37.87g (12.62%), Net Carbohydrates: 35.83g (13.03%), Sugar: 0.09g (0.1%), Cholesterol: 12.8mg (4.27%), Sodium: 17.53mg (0.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.07%), Vitamin B3: 21.3mg (106.51%), Manganese: 1.92mg (95.97%), Folate: 205.92µg (51.48%), Vitamin C: 33.55mg (40.67%), Magnesium: 78.85mg (19.71%), Vitamin B1: 0.21mg (13.86%), Phosphorus: 136.35mg (13.64%), Vitamin B6: 0.25mg (12.73%), Copper: 0.21mg (10.32%), Iron: 1.85mg (10.27%), Fiber: 2.03g (8.14%), Vitamin B5: 0.73mg (7.26%), Zinc: 1.09mg (7.24%), Potassium: 171.88mg (4.91%), Calcium: 46.14mg (4.61%), Vitamin B2: 0.03mg (1.69%), Vitamin A: 83.58IU (1.67%), Vitamin K: 1.28µg (1.22%)