



WHATSheATE



Indian Baked Rice



Vegetarian



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



8

CALORIES



357 kcal

SIDE DISH

Ingredients



19 oz rice



4 cups chicken broth



1 teaspoon ginger fresh finely grated peeled



1 teaspoon garam masala



1 large garlic clove minced



1 small jalapeño chile fresh seeded thinly sliced



1 large onion halved lengthwise thinly sliced



0.5 teaspoon salt

- ☐ 0.3 cup slivered almonds
- ☐ 5 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ Wash rice in 6 or 7 changes of cold water in a large bowl until water is almost clear.
- ☐ Drain in a large sieve 10 minutes.
- ☐ Preheat oven to 325°F.
- ☐ Heat oil in a 4- to 5-quart heavy ovenproof pot over moderate heat until hot but not smoking, then cook almonds, stirring frequently, until golden, 3 to 4 minutes.
- ☐ Transfer with a slotted spoon to paper towels to drain, then add onion to pot and cook over moderately high heat, stirring frequently, until pale golden, 6 to 8 minutes.
- ☐ Add garlic, jalapeño, garam masala, ginger, and salt and cook, stirring frequently, 1 minute.
- ☐ Add rice and cook over moderately low heat, stirring frequently, 6 minutes.
- ☐ Add broth and simmer briskly, uncovered, until top of rice appears dry, about 8 minutes.
- ☐ Cover pot and bake rice in middle of oven until tender and liquid is absorbed, about 20 minutes.
- ☐ Remove from oven and let stand, covered, 15 minutes.
- ☐ Serve sprinkled with almonds.
- ☐ •Long-grain white rice can be used instead of basmati rice, but the flavor will not be as nutty.

Nutrition Facts



 PROTEIN **7.43%**  FAT **27.84%**  CARBS **64.73%**

Properties

Glycemic Index:21.9, Glycemic Load:32.88, Inflammation Score:-2, Nutrition Score:8.1230434879013%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 357.25kcal (17.86%), Fat: 10.94g (16.82%), Saturated Fat: 1.57g (9.82%), Carbohydrates: 57.22g (19.07%), Net Carbohydrates: 55.49g (20.18%), Sugar: 1.61g (1.79%), Cholesterol: 2.35mg (0.78%), Sodium: 585.74mg (25.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.13%), Manganese: 0.9mg (44.84%), Selenium: 10.93µg (15.62%), Vitamin K: 16.1µg (15.34%), Vitamin E: 1.75mg (11.65%), Copper: 0.21mg (10.52%), Phosphorus: 104.91mg (10.49%), Vitamin B2: 0.15mg (8.68%), Vitamin B3: 1.51mg (7.53%), Vitamin B6: 0.15mg (7.5%), Vitamin B5: 0.74mg (7.4%), Magnesium: 29.46mg (7.37%), Fiber: 1.72g (6.9%), Zinc: 0.96mg (6.41%), Vitamin B1: 0.09mg (5.92%), Potassium: 157.6mg (4.5%), Iron: 0.8mg (4.45%), Vitamin C: 3.59mg (4.35%), Calcium: 37.96mg (3.8%), Folate: 10.95µg (2.74%)