



Indian Rice

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



368 kcal

SIDE DISH

Ingredients

- 1.5 cups rice long-grain
- 3 tablespoons butter
- 3 cups chicken broth
- 0.5 cup currants
- 1 clove garlic minced
- 0.3 cup mango chutney finely chopped
- 3 cups onion chopped
- 0.3 teaspoon pepper

- 0.3 teaspoon saffron threads or
- 0.3 teaspoon salt
- 0.3 cup slivered almonds toasted

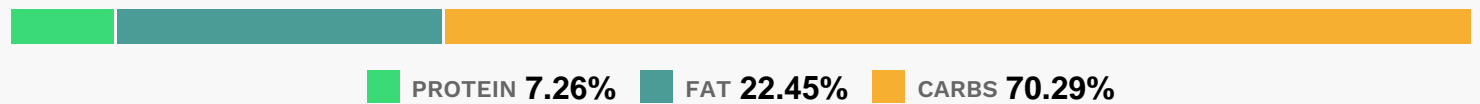
Equipment

- sauce pan

Directions

- Combine all ingredients in a large saucepan; bring mixture to a boil over high heat, stirring occasionally. Cover, reduce heat, and simmer 20 to 25 minutes or until liquid is absorbed.
- *1 1/2 cups yellow rice may be substituted; omit saffron.

Nutrition Facts



Properties

Glycemic Index:51.7, Glycemic Load:31.48, Inflammation Score:-6, Nutrition Score:9.4486956026243%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.17mg, Isorhamnetin: 4.17mg, Isorhamnetin: 4.17mg, Isorhamnetin: 4.17mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 16.27mg, Quercetin: 16.27mg, Quercetin: 16.27mg, Quercetin: 16.27mg

Nutrients (% of daily need)

Calories: 368.08kcal (18.4%), Fat: 9.3g (14.31%), Saturated Fat: 1.54g (9.64%), Carbohydrates: 65.55g (21.85%), Net Carbohydrates: 62.12g (22.59%), Sugar: 18.57g (20.63%), Cholesterol: 2.35mg (0.78%), Sodium: 614.2mg (26.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.54%), Manganese: 0.88mg (44%), Fiber: 3.43g (13.71%), Copper: 0.26mg (13.25%), Phosphorus: 127.04mg (12.7%), Vitamin E: 1.9mg (12.66%), Vitamin B2: 0.21mg (12.54%), Selenium: 8.54µg (12.2%), Vitamin B6: 0.23mg (11.28%), Magnesium: 42.32mg (10.58%), Potassium: 345.41mg (9.87%), Vitamin C: 7.9mg (9.58%), Vitamin B1: 0.13mg (8.63%), Vitamin B3: 1.51mg (7.56%), Calcium: 69.02mg

(6.9%), Zinc: 0.97mg (6.46%), Iron: 1.16mg (6.42%), Vitamin B5: 0.62mg (6.24%), Folate: 24.4µg (6.1%), Vitamin A: 263.68IU (5.27%)