



Indian Spiced Rice

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



470 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 1 tablespoon canola oil
- 1 tablespoon ginger root fresh minced
- 1 clove garlic minced
- 0.5 cup peas green
- 0.5 teaspoon ground cardamom
- 0.5 teaspoon ground coriander seed
- 0.5 teaspoon ground cumin

- 0.3 teaspoon ground nutmeg
- 1.3 cups jasmine rice dry
- 0.5 cup lentils dry
- 1 cup onion chopped
- 1 potatoes diced peeled
- 3 tablespoons raisins
- 1 bell pepper red chopped
- 0.8 teaspoon salt
- 3 cups water

Equipment

- frying pan
- sauce pan

Directions

- In a large skillet or saucepan, heat the oil over medium heat.
- Add the onions, and cook, stirring frequently until they have softened.
- Sprinkle in the ginger, garlic, coriander, cardamom, nutmeg, and cumin. Cook for 3 minutes more, stirring frequently.
- Pour the rice into the saucepan and saute the rice with the spices for 2 minutes, stirring constantly.
- Pour the lentils and salt into the saucepan.
- Pour 3 cups of water into the pan, stir.
- Place the potatoes into the pan. Bring the mixture to a boil, cover the pan and turn the heat to low. Cook for 10 minutes.
- Place the bell pepper, peas, and raisins into the saucepan. Stir well, then cover the pan again. Cook 10 minutes more, or until the rice, potatoes, and lentils are tender. Stir in the butter, if you like.
- Serve and enjoy.

Nutrition Facts

PROTEIN 11.5% FAT 14.19% CARBS 74.31%

Properties

Glycemic Index:126.67, Glycemic Load:43.16, Inflammation Score:-9, Nutrition Score:22.615217358198%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg

Nutrients (% of daily need)

Calories: 470.12kcal (23.51%), Fat: 7.46g (11.48%), Saturated Fat: 2.32g (14.52%), Carbohydrates: 87.95g (29.32%), Net Carbohydrates: 75.33g (27.39%), Sugar: 5.03g (5.58%), Cholesterol: 7.53mg (2.51%), Sodium: 482.7mg (20.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.61g (27.22%), Vitamin C: 60.89mg (73.81%), Manganese: 1.32mg (66.17%), Fiber: 12.62g (50.49%), Folate: 161.95µg (40.49%), Vitamin B6: 0.58mg (29.1%), Vitamin B1: 0.39mg (26.2%), Phosphorus: 257.99mg (25.8%), Vitamin A: 1172.19IU (23.44%), Potassium: 800.15mg (22.86%), Copper: 0.44mg (21.88%), Iron: 3.73mg (20.72%), Magnesium: 78.24mg (19.56%), Selenium: 11.74µg (16.77%), Zinc: 2.4mg (16.01%), Vitamin B3: 2.99mg (14.97%), Vitamin B5: 1.44mg (14.37%), Vitamin B2: 0.18mg (10.66%), Vitamin K: 11.15µg (10.62%), Vitamin E: 1.4mg (9.3%), Calcium: 68.34mg (6.83%)