



Indian Style Basmati Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



221 kcal

SIDE DISH

Ingredients

- 1.5 cups rice
- 2 cardamom pods green
- 1 stick cinnamon (2 inch)
- 1 tablespoon cumin seeds
- 1 small onion thinly sliced
- 1 teaspoon salt to taste
- 2 tablespoons vegetable oil
- 2.5 cups water

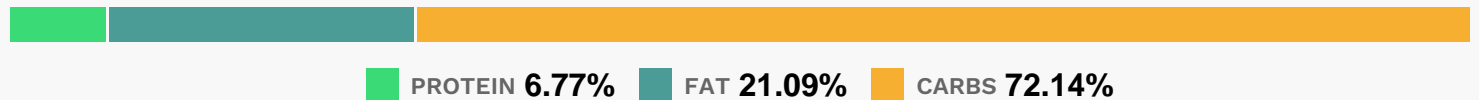
Equipment

- bowl
- sauce pan
- pot

Directions

- Place rice into a bowl with enough water to cover. Set aside to soak for 20 minutes.
- Heat the oil in a large pot or saucepan over medium heat.
- Add the cinnamon stick, cardamom pods, cloves, and cumin seed. Cook and stir for about a minute, then add the onion to the pot.
- Saute the onion until a rich golden brown, about 10 minutes.
- Drain the water from the rice, and stir into the pot. Cook and stir the rice for a few minutes, until lightly toasted.
- Add salt and water to the pot, and bring to a boil. Cover, and reduce heat to low. Simmer for about 15 minutes, or until all of the water has been absorbed.
- Let stand for 5 minutes, then fluff with a fork before serving.

Nutrition Facts



Properties

Glycemic Index:17.2, Glycemic Load:22.54, Inflammation Score:-1, Nutrition Score:5.4900000678456%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 220.82kcal (11.04%), Fat: 5.12g (7.88%), Saturated Fat: 0.8g (5.01%), Carbohydrates: 39.44g (13.15%), Net Carbohydrates: 38.03g (13.83%), Sugar: 0.59g (0.65%), Cholesterol: 0mg (0%), Sodium: 397.15mg (17.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.4%), Manganese: 0.84mg (42.06%), Selenium: 7.11µg

(10.16%), Vitamin K: 8.67µg (8.25%), Copper: 0.14mg (6.78%), Iron: 1.2mg (6.69%), Phosphorus: 63.12mg (6.31%), Fiber: 1.4g (5.6%), Vitamin B5: 0.49mg (4.85%), Vitamin B6: 0.1mg (4.83%), Magnesium: 19.26mg (4.82%), Zinc: 0.64mg (4.29%), Vitamin B3: 0.81mg (4.07%), Calcium: 36.54mg (3.65%), Vitamin E: 0.47mg (3.14%), Vitamin B1: 0.05mg (3.03%), Potassium: 98.15mg (2.8%), Vitamin B2: 0.03mg (1.8%), Folate: 6.05µg (1.51%), Vitamin C: 1.1mg (1.34%)