



Indian-Style Rice

 Gluten Free  Dairy Free

READY IN



27 min.

SERVINGS



6

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups rice
- 1 bay leaf
- 14 ounce coconut milk canned
- 0.8 cup cashew halves
- 14 ounce chicken stock see canned
- 0.5 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 0.3 teaspoon ground turmeric

- 0.5 cup raisins
- 1 pinch pepper flakes red crushed
- 1 teaspoon salt
- 1 tablespoon vegetable oil

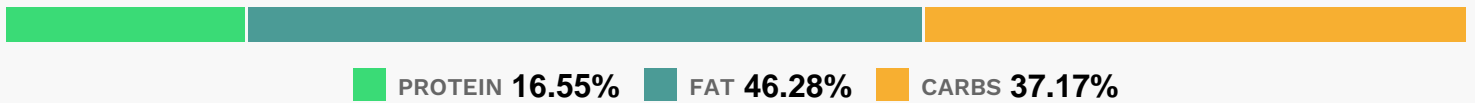
Equipment

- pot

Directions

- Heat oil in a large pot over medium-high heat. Stir in rice, and cook for 2 minutes.
- Pour in the coconut milk, chicken stock, cumin, coriander, red pepper flakes, salt, turmeric, bay leaf, raisins, and cashew halves. Bring to a boil, then cover, and reduce heat to low. Cook until rice is tender, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:25.86, Glycemic Load:28.45, Inflammation Score:-7, Nutrition Score:16.291739191698%

Nutrients (% of daily need)

Calories: 589.82kcal (29.49%), Fat: 30.89g (47.52%), Saturated Fat: 17.16g (107.24%), Carbohydrates: 55.83g (18.61%), Net Carbohydrates: 52.3g (19.02%), Sugar: 3.23g (3.58%), Cholesterol: 33.07mg (11.02%), Sodium: 724.62mg (31.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.85g (49.7%), Manganese: 1.43mg (71.31%), Selenium: 26.6µg (38%), Copper: 0.71mg (35.27%), Phosphorus: 327.03mg (32.7%), Magnesium: 100.69mg (25.17%), Zinc: 3.58mg (23.84%), Iron: 3.89mg (21.62%), Vitamin B6: 0.32mg (15.81%), Vitamin B3: 3.15mg (15.77%), Potassium: 542.17mg (15.49%), Fiber: 3.53g (14.1%), Vitamin B12: 0.66µg (11.02%), Vitamin K: 11.34µg (10.8%), Vitamin B1: 0.13mg (8.86%), Vitamin B5: 0.73mg (7.35%), Vitamin B2: 0.12mg (7.15%), Folate: 20.08µg (5.02%), Vitamin E: 0.71mg (4.71%), Calcium: 45.46mg (4.55%), Vitamin C: 2.66mg (3.23%), Vitamin A: 125.17IU (2.5%)