



Indian Style Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



60 min.

SERVINGS



4

CALORIES



451 kcal

SIDE DISH

Ingredients

- 2 cups rice long-grain
- 8 cups water
- 2 teaspoons salt
- 2 cloves
- 2 cardamom pods
- 1 piece cinnamon
- 3 Tbsp vegetable oil (or ghee if you have it)
- 0.5 teaspoon mustard seeds dark

- 0.5 teaspoon cumin seeds
- 0.3 teaspoon chili flakes
- 1 medium onion chopped
- 3 garlic cloves chopped
- 0.3 teaspoon turmeric

Equipment

- frying pan
- pot
- sieve
- colander

Directions

- Place rice in a sieve and run cool water through it to rinse it until the water runs clear. Soak the rice in cool water for 30 minutes.
- Drain.
- Boil rice with cloves, cardamom, cinnamon: Bring 8 cups of water and the salt to a boil in a large pot.
- Add the rice and stir.
- Add the cloves, cardamom and cinnamon and simmer for 10 minutes.
- Taste the rice, and test if it is done to your taste; rice can take more or less time to cook depending on how old it is. If still too firm, cook a few minutes longer.
- Drain rice and rinse with cold water, remove spices: When the rice is cooked to your liking, drain the rice into a colander and rinse with cold water to stop it from cooking.
- Remove the cloves, cardamom and cinnamon and discard. Set the rice aside to drain.
- Sauté mustard seeds, cumin, chili flakes, then onion: In a pan large enough to hold the rice, heat the oil over medium-high heat.
- Add the mustard and cumin seeds and the chili flakes.
- Cook until the mustard seeds start popping, then add the onion. Sauté until the onion begins to brown, about 5-7 minutes.

- Add the garlic and sauté another 2–3 minutes.
- Add the rice and mix well.
- Sprinkle the turmeric over the rice and mix well. Cook for another 3–4 minutes, stirring often.

Nutrition Facts



Properties

Glycemic Index:34.55, Glycemic Load:45.33, Inflammation Score:-7, Nutrition Score:10.88478253717%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 451.33kcal (22.57%), Fat: 11.16g (17.17%), Saturated Fat: 1.77g (11.05%), Carbohydrates: 79.08g (26.36%), Net Carbohydrates: 76.44g (27.8%), Sugar: 1.37g (1.52%), Cholesterol: 0mg (0%), Sodium: 1195.62mg (51.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.72%), Manganese: 1.6mg (80.24%), Selenium: 15.29µg (21.84%), Vitamin K: 19.6µg (18.66%), Copper: 0.31mg (15.57%), Phosphorus: 125.3mg (12.53%), Vitamin B6: 0.22mg (11.21%), Fiber: 2.64g (10.55%), Vitamin B5: 0.99mg (9.93%), Magnesium: 37mg (9.25%), Zinc: 1.27mg (8.47%), Vitamin B3: 1.6mg (8.01%), Iron: 1.35mg (7.48%), Vitamin E: 1.05mg (7.01%), Calcium: 68.41mg (6.84%), Vitamin B1: 0.09mg (5.95%), Potassium: 184.6mg (5.27%), Vitamin C: 3.06mg (3.71%), Vitamin B2: 0.06mg (3.58%), Folate: 13.49µg (3.37%)