



Indian Vegetable Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



2

CALORIES



527 kcal

SIDE DISH

Ingredients

- 1 cup rice
- 0.8 cup savory vegetable mixed frozen
- 0.5 teaspoon garam masala
- 0.5 teaspoon ground cumin
- 1 onion thinly sliced
- 0.8 teaspoon salt
- 2 tablespoons vegetable oil
- 2 cups water

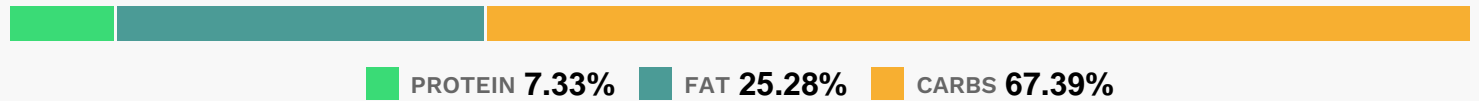
Equipment

- frying pan

Directions

- In a large pan heat oil over medium heat and saute onions and cumin until onions are tender, but not browned. Rinse the rice several times and drain well.
- Add the rice to the pan with the onions and pour in the 2 cups of water. Stir in salt, garam masala and vegetables. Cover the pan and increase the heat to high.
- Bring the mixture to a boil and then reduce the heat to low, keeping the rice covered at all times. After cooking for about 10 minutes, gently stir the rice to distribute the spices evenly. Cook 25 to 30 minutes, or until all of the water has evaporated and the rice is tender.

Nutrition Facts



Properties

Glycemic Index:69.09, Glycemic Load:48.56, Inflammation Score:-10, Nutrition Score:15.960434664851%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 527.4kcal (26.37%), Fat: 14.79g (22.76%), Saturated Fat: 2.34g (14.61%), Carbohydrates: 88.72g (29.57%), Net Carbohydrates: 83.7g (30.44%), Sugar: 2.45g (2.73%), Cholesterol: 0mg (0%), Sodium: 923.97mg (40.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.66g (19.31%), Vitamin A: 3473.19IU (69.46%), Manganese: 1.26mg (63.14%), Vitamin K: 25.35µg (24.14%), Selenium: 14.54µg (20.78%), Fiber: 5.01g (20.05%), Copper: 0.33mg (16.56%), Phosphorus: 165.09mg (16.51%), Vitamin B6: 0.29mg (14.27%), Vitamin C: 11.21mg (13.58%), Magnesium: 49.22mg (12.31%), Vitamin B3: 2.42mg (12.11%), Vitamin B1: 0.18mg (11.76%), Vitamin B5: 1.12mg (11.17%), Iron: 1.85mg (10.25%), Potassium: 340.48mg (9.73%), Zinc: 1.46mg (9.73%), Folate: 37.69µg (9.42%), Vitamin E: 1.24mg (8.28%), Vitamin B2: 0.12mg (7.05%), Calcium: 67.91mg (6.79%)