

What She Ate

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Jeera (Cumin) Rice

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Low Fod Map

READY IN

ready

20 min.

SERVINGS

servings

2

CALORIES

calories

460 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon cumin seeds
- ☐ 1 cup jasmine rice dry
- ☐ 2 servings salt to taste
- ☐ 2 tablespoons vegetable oil
- ☐ 1.8 cups water

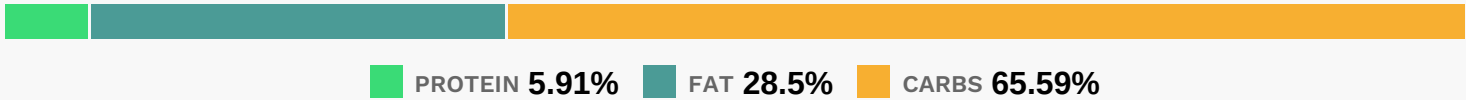
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat the oil in a medium size saucepan over a medium-high heat. Drop in the cumin seeds, and cook until they splutter. Do not allow the cumin seeds to burn or become really dark brown in color.
- ☐ Add the rice and fry it in the oil for about 1 minute.
- ☐ Add the water and salt and bring to a boil. Once the water is boiling, reduce the heat to low and cover the saucepan. Cook the rice for approximately 15 minutes. If you feel the rice is getting burnt near the base of the pan as it cooks, one trick is to place the saucepan on another flat pan or griddle which is directly on the flame. Toss with a fork.

Nutrition Facts



Properties

Glycemic Index:33.09, Glycemic Load:44.52, Inflammation Score:-1, Nutrition Score:8.345217478826%

Nutrients (% of daily need)

Calories: 459.72kcal (22.99%), Fat: 14.32g (22.03%), Saturated Fat: 2.25g (14.05%), Carbohydrates: 74.17g (24.72%), Net Carbohydrates: 72.92g (26.52%), Sugar: 0.12g (0.14%), Cholesterol: 0mg (0%), Sodium: 209.61mg (9.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.37%), Manganese: 1.02mg (51.18%), Vitamin K: 25.13µg (23.93%), Selenium: 13.99µg (19.99%), Copper: 0.24mg (12.06%), Phosphorus: 108.87mg (10.89%), Vitamin B5: 0.94mg (9.38%), Vitamin E: 1.23mg (8.21%), Vitamin B6: 0.15mg (7.69%), Vitamin B3: 1.5mg (7.51%), Zinc: 1.05mg (7.02%), Magnesium: 27.03mg (6.76%), Iron: 1.08mg (5.98%), Fiber: 1.25g (5.02%), Vitamin B1: 0.07mg (4.53%), Calcium: 36.89mg (3.69%), Potassium: 115.36mg (3.3%), Vitamin B2: 0.05mg (2.76%), Folate: 7.45µg (1.86%)