

Jeera Fried Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



3

CALORIES



334 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaf
- 5 peppercorns black
- 1 tablespoon cumin seeds
- 0.3 teaspoon ground cinnamon
- 1 pinch ground cloves
- 1 onion chopped
- 1 cup rice long-grain
- 3 servings salt to taste

- 2 tablespoons vegetable oil
- 2.5 cups water
- 1 teaspoon sugar white

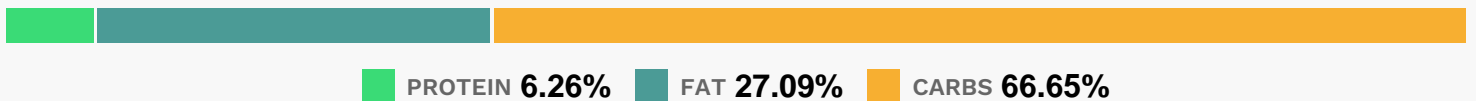
Equipment

- frying pan

Directions

- Wash rice well and soak in 2 1/2 cups salted water for 30 min.
- Heat oil in a heavy or nonstick pan.
- Add onions and fry till dark brown.
- Drain onions and set aside, but reserve the oil.
- In the same oil, stir fry cumin, peppercorns, and bay leaf for a few seconds.
- Drain rice reserving the water and add the rice to the frying pan.
- Add sugar, stir gently, fry till rice is light brown.
- Add clove-cinnamon powder, stir.
- Add salt water (previously drained) and bring to a boil.
- Simmer covered until rice is the cooked and the water evaporates. Rice should not be sticky when finished. Spoon the onions on top to serve.

Nutrition Facts



Properties

Glycemic Index:66.76, Glycemic Load:31.42, Inflammation Score:-3, Nutrition Score:7.5786956522776%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 333.56kcal (16.68%), Fat: 9.97g (15.35%), Saturated Fat: 1.54g (9.66%), Carbohydrates: 55.23g (18.41%), Net Carbohydrates: 53.44g (19.43%), Sugar: 3.01g (3.34%), Cholesterol: 0mg (0%), Sodium: 211.72mg (9.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.37%), Manganese: 0.86mg (42.93%), Vitamin K: 17.36µg (16.54%), Selenium: 9.62µg (13.75%), Iron: 1.95mg (10.83%), Copper: 0.2mg (10.11%), Phosphorus: 91.97mg (9.2%), Vitamin B6: 0.16mg (7.76%), Magnesium: 28.89mg (7.22%), Fiber: 1.79g (7.14%), Vitamin B5: 0.67mg (6.73%), Vitamin E: 0.89mg (5.95%), Zinc: 0.86mg (5.72%), Vitamin B3: 1.13mg (5.63%), Calcium: 53.26mg (5.33%), Vitamin B1: 0.07mg (4.86%), Potassium: 163.73mg (4.68%), Vitamin C: 2.89mg (3.5%), Folate: 12.21µg (3.05%), Vitamin B2: 0.05mg (2.79%)