



Lemon Basmati Rice



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



198 kcal

SIDE DISH

Ingredients

- ☐ 1 cup rice rinsed
- ☐ 2 teaspoons canola oil
- ☐ 2 cups chicken broth
- ☐ 2 inch ginger fresh minced
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 juice of lemon juiced

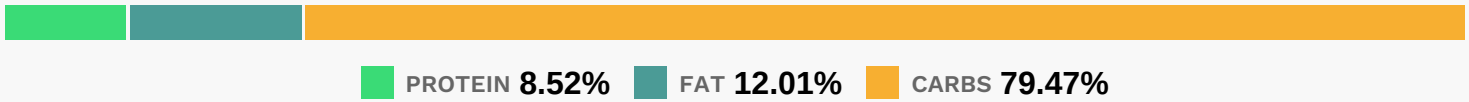
Equipment

- ☐ pot

Directions

☐ Heat the oil in a pot over medium heat. Cook the rice, ginger, and lemon zest together in the hot oil for about 1 minute; add the lemon juice and chicken broth. Bring the mixture to a boil; cover the pot and allow the mixture to simmer until the liquid is absorbed and the rice is tender, 18 to 20 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:27.05, Glycemic Load:22.35, Inflammation Score:-1, Nutrition Score:4.5391304573935%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 198.24kcal (9.91%), Fat: 2.6g (4%), Saturated Fat: 0.26g (1.61%), Carbohydrates: 38.7g (12.9%), Net Carbohydrates: 37.98g (13.81%), Sugar: 0.81g (0.9%), Cholesterol: 2.35mg (0.78%), Sodium: 438.79mg (19.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.3%), Manganese: 0.58mg (28.95%), Selenium: 7.49µg (10.7%), Copper: 0.13mg (6.49%), Phosphorus: 59.84mg (5.98%), Vitamin B2: 0.09mg (5.56%), Vitamin B3: 1.03mg (5.16%), Vitamin B5: 0.5mg (4.98%), Vitamin B6: 0.09mg (4.26%), Zinc: 0.6mg (4.02%), Vitamin B1: 0.06mg (3.99%), Vitamin C: 3.08mg (3.73%), Magnesium: 14.86mg (3.72%), Vitamin E: 0.47mg (3.13%), Fiber: 0.72g (2.88%), Potassium: 97.92mg (2.8%), Iron: 0.49mg (2.72%), Calcium: 19.1mg (1.91%), Vitamin K: 1.64µg (1.56%), Folate: 5.6µg (1.4%)