



HEALTH SCORE

82%

Lemon-Curry Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 teaspoons curry leaves dried
- ☐ 1 tablespoon curry powder
- ☐ 1 cup golden raisins
- ☐ 0.5 teaspoon ground cumin
- ☐ 4 cups jasmine rice uncooked
- ☐ 2 tablespoons lemon rind grated
- ☐ 1 cup pistachios shelled

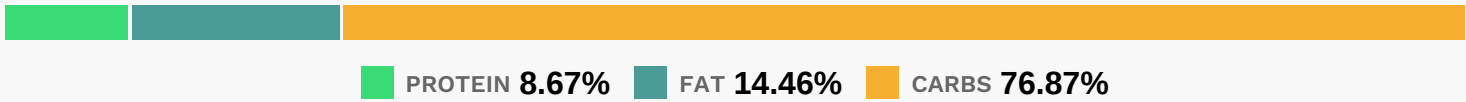
☐ 1 teaspoon pepper white

Equipment

Directions

- ☐ Spread rind evenly on a plate; set aside for 1 hour or until dry.
- ☐ Combine rind and remaining ingredients in a large zip-top bag, turning bag until mixture is blended.
- ☐ Place 1 1/2 cups rice mixture into each of 4 containers. Seal tightly.

Nutrition Facts



Properties

Glycemic Index:24.31, Glycemic Load:70.34, Inflammation Score:-8, Nutrition Score:27.852173566818%

Flavonoids

Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 646.41kcal (32.32%), Fat: 10.46g (16.09%), Saturated Fat: 1.43g (8.93%), Carbohydrates: 125.06g (41.69%), Net Carbohydrates: 119.56g (43.48%), Sugar: 16.15g (17.94%), Cholesterol: 0mg (0%), Sodium: 12.94mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.11g (28.22%), Vitamin B3: 40.37mg (201.87%), Folate: 409.04µg (102.26%), Manganese: 1.73mg (86.52%), Vitamin C: 70.42mg (85.36%), Vitamin B6: 0.65mg (32.42%), Copper: 0.64mg (32.17%), Selenium: 20.47µg (29.24%), Phosphorus: 276.66mg (27.67%), Fiber: 5.49g (21.97%), Vitamin B1: 0.27mg (18.21%), Magnesium: 68.82mg (17.2%), Potassium: 557.34mg (15.92%), Iron: 2.74mg (15.21%), Vitamin B5: 1.4mg (13.99%), Zinc: 1.94mg (12.94%), Calcium: 92.95mg (9.29%), Vitamin B2: 0.15mg (8.81%), Vitamin E: 0.93mg (6.2%), Vitamin A: 271.68IU (5.43%), Vitamin K: 2.15µg (2.05%)