



Lemon Rice with Peanuts

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



301 kcal

SIDE DISH

Ingredients

- 2 cups rice
- 2 teaspoons mustard seeds shopping list black
- 1 tablespoon ginger fresh minced peeled
- 3 tablespoons juice of lemon fresh
- 1 tablespoon lemon zest fresh
- 0.3 cup roasted peanuts salted finely chopped
- 0.5 teaspoon turmeric
- 1 tablespoon vegetable oil

3 cups water

Equipment

frying pan

sauce pan

sieve

Directions

Wash rice in several changes of water until water runs clear, then drain rice well in a sieve. Bring rice and 3 cups water to a boil in a 3-quart heavy saucepan and cook, covered, over very low heat until water is absorbed and rice is tender, 20 to 25 minutes.

Remove pan from heat and let stand, covered, 10 minutes. Fluff rice gently with a fork.

Heat oil in a deep 12-inch heavy skillet over moderately high heat until hot but not smoking, then cook mustard seeds, stirring, until seeds begin to pop.

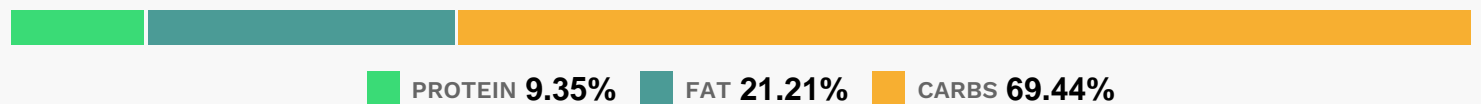
Add ginger and 1/4 cup peanuts and cook, stirring, 2 minutes.

Add turmeric, rice, and salt to taste, stirring to coat rice thoroughly.

Remove skillet from heat and stir in lemon juice.

Sprinkle with remaining peanuts and zest.

Nutrition Facts



Properties

Glycemic Index:13.53, Glycemic Load:29.71, Inflammation Score:-8, Nutrition Score:7.3686957786103%

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: 300.81kcal (15.04%), Fat: 7.06g (10.86%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 51.99g (17.33%), Net Carbohydrates: 50.16g (18.24%), Sugar: 0.4g (0.44%), Cholesterol: 0mg (0%), Sodium: 44.6mg (1.94%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 7.01g (14.01%), Manganese: 0.9mg (45.15%), Selenium: 12.03µg (17.19%), Vitamin B3: 2.27mg (11.37%), Phosphorus: 112.15mg (11.21%), Copper: 0.22mg (11.02%), Magnesium: 35.35mg (8.84%), Vitamin B5: 0.76mg (7.62%), Fiber: 1.83g (7.33%), Vitamin B6: 0.14mg (6.8%), Zinc: 0.92mg (6.16%), Vitamin B1: 0.08mg (5.32%), Vitamin C: 4.36mg (5.29%), Iron: 0.86mg (4.78%), Folate: 18.6µg (4.65%), Potassium: 159.61mg (4.56%), Vitamin K: 4.31µg (4.1%), Calcium: 33.87mg (3.39%), Vitamin B2: 0.04mg (2.5%), Vitamin E: 0.33mg (2.17%)