



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

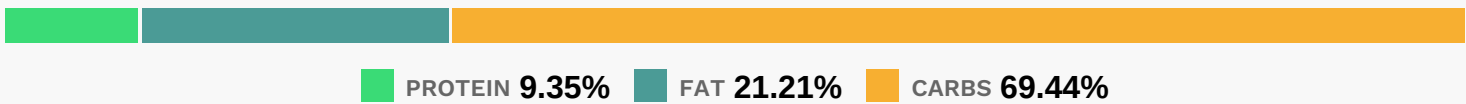
Equipment

- ☐ 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%)