



Raisin and Spice Brown Rice

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



3

CALORIES



378 kcal

SIDE DISH

Ingredients

- 1 bay leaf
- 3 servings pepper black freshly ground to taste
- 1 cup brown rice
- 1 tablespoon butter
- 0.3 cup celery thinly sliced
- 2 cups chicken broth
- 1 teaspoon ginger fresh minced
- 0.5 teaspoon ground coriander

- 1 teaspoon ground cumin
- 1 tablespoon soya sauce low-sodium
- 1 cup onion chopped
- 0.3 cup raisins seedless
- 1 tablespoon vegetable oil

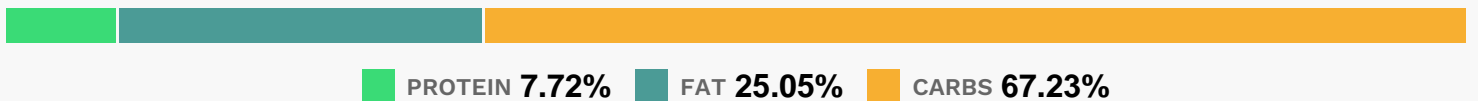
Equipment

- frying pan
- sauce pan

Directions

- Bring brown rice, chicken broth, butter, and bay leaf to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, 45 to 50 minutes; discard bay leaf.
- Meanwhile, heat the vegetable oil in a skillet over medium-high heat. Stir in onion and ginger; cook and stir until the onion begins to brown on the edges, about 3 minutes. Stir in the cumin and coriander, then stir in the celery and raisins. Reduce heat to medium, and cook until the celery becomes tender, about 5 minutes. Once ready, stir the onion mixture into the cooked rice along with the soy sauce; season to taste with pepper.

Nutrition Facts



Properties

Glycemic Index:92.85, Glycemic Load:33.36, Inflammation Score:-6, Nutrition Score:14.826521754265%

Flavonoids

Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.87mg, Quercetin: 10.87mg, Quercetin: 10.87mg, Quercetin: 10.87mg

Nutrients (% of daily need)

Calories: 378.29kcal (18.91%), Fat: 10.72g (16.49%), Saturated Fat: 3.52g (21.98%), Carbohydrates: 64.71g (21.57%), Net Carbohydrates: 60.36g (21.95%), Sugar: 3.14g (3.49%), Cholesterol: 13.17mg (4.39%), Sodium: 821.62mg (35.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.43g (14.86%), Manganese: 2.62mg (131.17%), Magnesium: 110.14mg (27.53%), Vitamin B1: 0.34mg (22.83%), Phosphorus: 215.77mg (21.58%), Vitamin B6: 0.43mg (21.54%), Fiber: 4.36g (17.42%), Vitamin B3: 3.41mg (17.06%), Copper: 0.27mg (13.74%), Iron: 2.3mg (12.75%), Potassium: 444.97mg (12.71%), Vitamin K: 12.37µg (11.78%), Vitamin B5: 1.08mg (10.83%), Zinc: 1.61mg (10.76%), Vitamin B2: 0.18mg (10.62%), Folate: 29.91µg (7.48%), Vitamin C: 5.12mg (6.2%), Calcium: 59.42mg (5.94%), Vitamin E: 0.63mg (4.2%), Vitamin A: 182.28IU (3.65%), Selenium: 1.22µg (1.74%)