



Rice With Julienned Potatoes

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



629 kcal

SIDE DISH

Ingredients

- 1 bay leaves
- 1 teaspoon brown sugar
- 1 teaspoon brown sugar
- 1 tablespoon butter
- 2 teaspoons chili peppers minced seeded
- 1 piece cinnamon
- 0.3 cup coconut flakes fresh grated ()
- 0.3 cup coconut flakes fresh grated ()

- 1.5 teaspoons cumin seeds
- 1 teaspoon ginger fresh minced peeled
- 1 teaspoon juice of lemon
- 0.5 lime cut into wedges
- 3 tablespoons cooking oil
- 2 tablespoons cilantro leaves minced (or cilantro)
- 0.5 cup peas frozen
- 10 oz potatoes peeled
- 1 cup rice long-grain washed and thoroughly drained
- 1 cup rice long-grain washed and thoroughly drained
- 1 teaspoon salt
- 0.8 teaspoon turmeric
- 1.8 cups water hot
- 3 tablespoons yogurt

Equipment

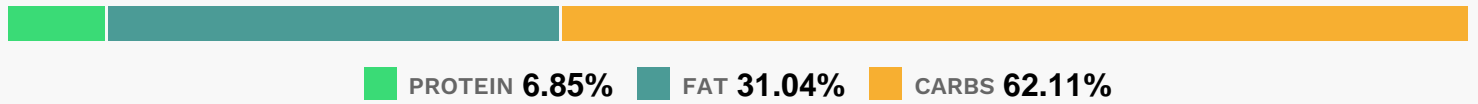
- bowl
- frying pan

Directions

- NOTE: Use smaller amount of water for firm rice, larger amount for softer rice. Start defrosting peas.
- Cut potatoes into 4 x 1/2 x 1/2 inch sticks. Stir together yogurt, ginger, chili, parsley and coconut in a medium bowl, drop in potato sticks and mix to coat.
- Let marinate while assembling the other ingredients.
- Heat oil in a large skillet with a tight fitting lid over medium high heat.
- Add cumin seeds, cloves, cinnamon and bay leaf (if fresh it might splutter!), and cook until cumin has turned several shades darker to a reddish brown color, about 2 minutes.
- Add potatoes with the yogurt to the skillet and cook, stirring occasionally, until golden brown on all sides, about 10- 15 minutes.

- Add rice, fry for another minute, until rice is evenly coated with oil, add turmeric, water, sugar, salt and lime juice. Stir and bring to a boil, cover tightly and reduce heat immediately to very low.
- Let cook undisturbed for 15 minutes.
- Add peas without stirring, cover again and cook 5 minutes longer.
- Remove from heat, fluff with a fork, mixing in peas, re-cover.
- Let rest another 5 minutes to firm up rice grains.
- Add butter and fluff again until butter is mixed through.
- Serve garnished with lime wedges.

Nutrition Facts



Properties

Glycemic Index:103.36, Glycemic Load:54.66, Inflammation Score:-10, Nutrition Score:18.187826086957%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 3.78mg, Hesperetin: 3.78mg, Hesperetin: 3.78mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 629.27kcal (31.46%), Fat: 21.81g (33.56%), Saturated Fat: 9.21g (57.59%), Carbohydrates: 98.2g (32.73%), Net Carbohydrates: 91.09g (33.12%), Sugar: 6.36g (7.06%), Cholesterol: 9.48mg (3.16%), Sodium: 634.3mg (27.58%), Protein: 10.83g (21.66%), Manganese: 1.72mg (85.82%), Vitamin C: 25.42mg (30.81%), Fiber: 7.12g (28.47%), Selenium: 17.07µg (24.39%), Vitamin B6: 0.47mg (23.3%), Copper: 0.44mg (22.02%), Phosphorus: 214.53mg (21.45%), Vitamin A: 926.59IU (18.53%), Potassium: 619.36mg (17.7%), Vitamin K: 17.43µg (16.6%), Magnesium: 65.11mg (16.28%), Iron: 2.88mg (16.01%), Vitamin E: 2.27mg (15.12%), Vitamin B3: 2.99mg (14.94%), Vitamin B5: 1.37mg (13.65%), Vitamin B1: 0.19mg (12.74%), Zinc: 1.86mg (12.42%), Vitamin B2: 0.16mg (9.46%), Folate: 35.33µg (8.83%), Calcium: 86.62mg (8.66%), Vitamin B12: 0.06µg (1.02%)