



Savory Rice with Peas and Cashews

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



867 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 cups basmati long-grain white cold cooked (see notes)
- 1 teaspoon cumin seed
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 teaspoon ground turmeric
- 2 tablespoons juice of lime
- 1 teaspoon mustard seed
- 0.8 lb onion peeled finely chopped
- 0.3 cup peas frozen

- 3 tablespoons salad oil
- 0.5 teaspoon salt
- 0.3 cup roasted cashews unsalted salted
- 1.5 teaspoons sugar

Equipment

- frying pan
- wok

Directions

- Set a 5- to 6-quart pan or 14-inch wok over medium-high heat.
- Add oil, mustard seed, and cumin seed.
- When the seeds begin to pop, in 2 to 3 minutes, stir in the onion, chilies, turmeric, and curry leaves. Stir often until the onion is limp, about 4 minutes.
- Reduce heat to low.
- Add rice, peas, 1/2 teaspoon salt, and sugar. Stir until rice is evenly colored yellow.
- Sprinkle with lime juice and mix well. Cover and stir occasionally until rice is hot, 6 to 10 minutes.
- Add salt to taste.
- Transfer to a platter.
- Sprinkle rice mixture with cashews and cilantro.
- Serve hot, warm, or at room temperature.

Nutrition Facts



PROTEIN 7.82% **FAT 10.11%** **CARBS 82.07%**

Properties

Glycemic Index:30.58, Glycemic Load:101.74, Inflammation Score:-8, Nutrition Score:17.665652054807%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.7mg, Quercetin: 8.7mg, Quercetin: 8.7mg, Quercetin: 8.7mg

Nutrients (% of daily need)

Calories: 866.65kcal (43.33%), Fat: 9.54g (14.68%), Saturated Fat: 1.32g (8.25%), Carbohydrates: 174.25g (58.08%), Net Carbohydrates: 170.28g (61.92%), Sugar: 3.44g (3.83%), Cholesterol: 0mg (0%), Sodium: 194.85mg (8.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.6g (33.19%), Manganese: 2.41mg (120.69%), Selenium: 33.2µg (47.42%), Copper: 0.62mg (30.8%), Phosphorus: 289.8mg (28.98%), Vitamin B5: 2.25mg (22.45%), Vitamin B6: 0.42mg (21.05%), Magnesium: 75.49mg (18.87%), Zinc: 2.76mg (18.41%), Vitamin B3: 3.6mg (17.98%), Fiber: 3.97g (15.9%), Iron: 2.42mg (13.46%), Vitamin B1: 0.19mg (12.97%), Potassium: 360.08mg (10.29%), Vitamin E: 1.26mg (8.38%), Folate: 32.73µg (8.18%), Vitamin B2: 0.13mg (7.87%), Calcium: 76mg (7.6%), Vitamin C: 6.19mg (7.5%), Vitamin K: 7.61µg (7.25%)