



Seasoned Basmati Rice



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



298 kcal

SIDE DISH

Ingredients

- ☐ 4 cups rice divided uncooked
- ☐ 8 peppercorns black
- ☐ 1 teaspoon cardamom pods toasted
- ☐ 2 sticks cinnamon halved (3-inch)
- ☐ 0.3 cup crystallized ginger divided minced
- ☐ 2 teaspoons cumin seeds divided toasted
- ☐ 1 cup lentils divided
- ☐ 12 servings try build-a-meal

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1 teaspoon pepper white divided

Equipment

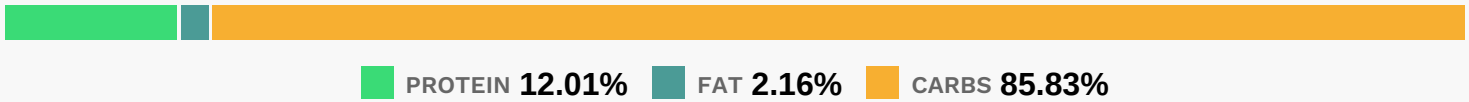
- ☐ bowl
- ☐ cheesecloth
- ☐ kitchen twine

Directions

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 To prepare bouquet garni, combine first 4 ingredients in a small bowl. Divide mixture evenly among 4 packages of a double layer of (4-inch-square) cheesecloth. Gather edges of cheesecloth together; tie securely with kitchen twine.

Nutrition Facts



Properties

Glycemic Index:11.07, Glycemic Load:30.86, Inflammation Score:-3, Nutrition Score:10.205652138461%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 298.04kcal (14.9%), Fat: 0.7g (1.08%), Saturated Fat: 0.15g (0.93%), Carbohydrates: 62.79g (20.93%), Net Carbohydrates: 56.43g (20.52%), Sugar: 2.64g (2.93%), Cholesterol: 0mg (0%), Sodium: 5.17mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.79g (17.58%), Manganese: 1.13mg (56.3%), Fiber: 6.36g (25.44%), Folate: 81.82µg (20.45%), Selenium: 11.19µg (15.99%), Phosphorus: 152.13mg (15.21%), Vitamin B1: 0.19mg (12.57%), Copper: 0.23mg (11.68%), Iron: 2.09mg (11.59%), Zinc: 1.53mg (10.23%), Magnesium: 39.63mg (9.91%), Vitamin B5: 0.99mg (9.86%), Vitamin B6: 0.19mg (9.73%), Vitamin B3: 1.48mg (7.42%), Potassium: 242.36mg (6.92%), Vitamin B2: 0.07mg (4.06%), Calcium: 37.11mg (3.71%), Vitamin E: 0.19mg (1.24%), Vitamin K: 1.23µg (1.17%)