



Sesame Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



189 kcal

SIDE DISH

Ingredients

- 1 serving coarse mustard
- 1 cup rice long-grain (not converted)
- 6 spring onion thinly sliced
- 1 tablespoon sesame seed toasted
- 0.3 teaspoon sesame oil toasted

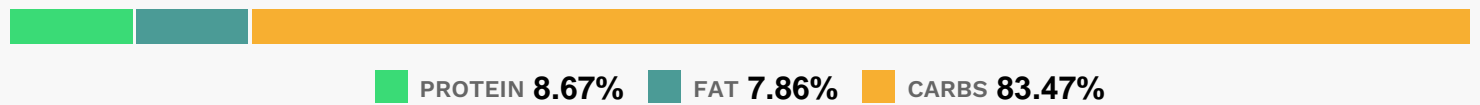
Equipment

- sauce pan

Directions

- In a medium saucepan, boil 1 1/2 cups water with 1 teaspoon salt. Stir in rice; return to a boil. Reduce heat to a simmer; cover and cook until rice is almost dry, 15 to 20 minutes.
- Remove from heat.
- Let stand, covered, until completely dry, 10 to 15 minutes.
- Fluff with a fork; toss with scallions, sesame seeds, and sesame oil. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:40.05, Glycemic Load:22.62, Inflammation Score:-3, Nutrition Score:6.8486957394558%

Flavonoids

Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 189.01kcal (9.45%), Fat: 1.63g (2.5%), Saturated Fat: 0.27g (1.67%), Carbohydrates: 38.83g (12.94%), Net Carbohydrates: 37.47g (13.63%), Sugar: 0.5g (0.55%), Cholesterol: 0mg (0%), Sodium: 19.16mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.07%), Vitamin K: 37.36µg (35.58%), Manganese: 0.59mg (29.32%), Selenium: 8.2µg (11.72%), Copper: 0.2mg (9.96%), Phosphorus: 73.78mg (7.38%), Magnesium: 22.78mg (5.7%), Fiber: 1.36g (5.44%), Iron: 0.95mg (5.26%), Vitamin B6: 0.1mg (5.17%), Zinc: 0.74mg (4.92%), Vitamin B5: 0.49mg (4.87%), Vitamin B3: 0.93mg (4.66%), Calcium: 46.2mg (4.62%), Folate: 17.25µg (4.31%), Vitamin C: 3.39mg (4.11%), Vitamin B1: 0.06mg (4.03%), Vitamin A: 180.53IU (3.61%), Potassium: 114.1mg (3.26%), Vitamin B2: 0.04mg (2.52%), Vitamin E: 0.16mg (1.08%)