

Simple Spiced Rice

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



200 kcal

SIDE DISH

Ingredients

- 2 cups rice uncooked
- 1 large bay leaves
- 2 tablespoons butter
- 2 cinnamon sticks whole
- 1 small onion chopped
- 2 teaspoons salt
- 4 cups water

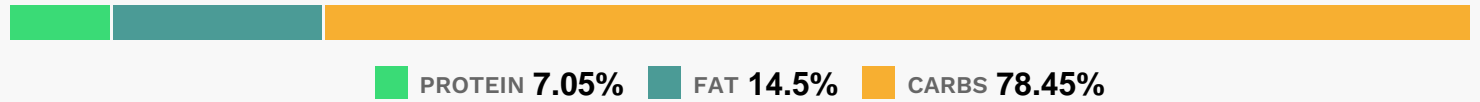
Equipment

sauce pan

Directions

- Melt the butter in a large saucepan over medium heat, and cook and stir the basmati rice and onion until the rice kernels are coated with butter and the onion is translucent, 5 to 8 minutes. The rice will give off a slightly toasted fragrance.
- Pour in water, and mix in salt, cinnamon sticks and bay leaf.
- Bring the mixture to a boil, and reduce heat to medium-low. Cover the saucepan, and simmer the rice until all the water has disappeared and the rice appears dry, about 18 minutes. Fluff the rice with a fork and serve.

Nutrition Facts



Properties

Glycemic Index:17.9, Glycemic Load:22.45, Inflammation Score:-1, Nutrition Score:4.2682609392897%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 199.61kcal (9.98%), Fat: 3.16g (4.87%), Saturated Fat: 1.89g (11.81%), Carbohydrates: 38.51g (12.84%), Net Carbohydrates: 37.29g (13.56%), Sugar: 0.45g (0.5%), Cholesterol: 7.53mg (2.51%), Sodium: 612.54mg (26.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Manganese: 0.67mg (33.49%), Selenium: 7.09µg (10.13%), Copper: 0.13mg (6.38%), Phosphorus: 57.14mg (5.71%), Vitamin B5: 0.49mg (4.87%), Fiber: 1.22g (4.87%), Vitamin B6: 0.09mg (4.4%), Vitamin B3: 0.76mg (3.82%), Zinc: 0.55mg (3.68%), Magnesium: 14.25mg (3.56%), Calcium: 28.58mg (2.86%), Iron: 0.47mg (2.62%), Vitamin B1: 0.04mg (2.45%), Potassium: 70.76mg (2.02%), Vitamin A: 90.99IU (1.82%), Vitamin B2: 0.03mg (1.57%), Folate: 5.54µg (1.39%), Vitamin E: 0.15mg (1.03%)