



South African Yellow Rice



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



285 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 teaspoons ground turmeric
- ☐ 0.5 cup raisins black
- ☐ 0.5 teaspoon salt
- ☐ 2.5 cups water
- ☐ 1 cup rice long grain white
- ☐ 3 tablespoons sugar white

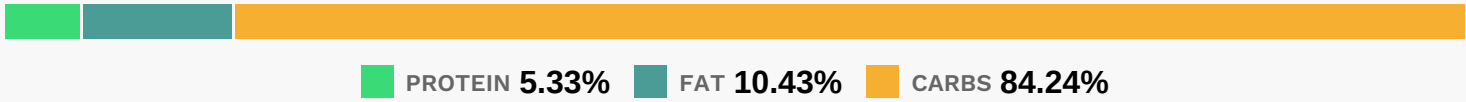
Equipment

☐ sauce pan

Directions

- ☐ In a saucepan, combine the rice, salt, turmeric, sugar, cinnamon, raisins, butter and water. Bring to a boil uncovered. When it comes to a boil, reduce the heat to low, cover and let it simmer for 20 to 30 minutes, or until rice is fluffy and water has been absorbed.
- ☐ Remove from the heat and fluff with a fork. Keep warm until serving time.

Nutrition Facts



Properties

Glycemic Index:62.52, Glycemic Load:36.2, Inflammation Score:-10, Nutrition Score:5.2882607569513%

Nutrients (% of daily need)

Calories: 285.48kcal (14.27%), Fat: 3.35g (5.15%), Saturated Fat: 1.94g (12.12%), Carbohydrates: 60.85g (20.28%), Net Carbohydrates: 58.73g (21.36%), Sugar: 9.07g (10.08%), Cholesterol: 7.53mg (2.51%), Sodium: 328.37mg (14.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.71%), Manganese: 0.66mg (32.76%), Selenium: 7.22µg (10.32%), Copper: 0.19mg (9.32%), Fiber: 2.12g (8.5%), Phosphorus: 69.79mg (6.98%), Iron: 1.18mg (6.55%), Potassium: 223.81mg (6.39%), Vitamin B6: 0.12mg (6.2%), Magnesium: 20.15mg (5.04%), Vitamin B3: 0.99mg (4.93%), Vitamin B5: 0.48mg (4.82%), Zinc: 0.59mg (3.96%), Vitamin B1: 0.05mg (3.6%), Vitamin B2: 0.06mg (3.55%), Calcium: 27.45mg (2.74%), Vitamin A: 88.2IU (1.76%), Vitamin C: 1.18mg (1.43%), Folate: 4.66µg (1.16%), Vitamin E: 0.16mg (1.07%)