



## Spiced Basmati Rice

 Vegetarian  Gluten Free  Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



199 kcal

SIDE DISH

### Ingredients

- 1 tablespoon butter unsalted
- 4 turkish bay leaf
- 28 fl. oz. chicken broth reduced-sodium
- 2 cups rice white
- 1 stick cinnamon (3-inch)

### Equipment

- paper towels
- sauce pan

- pot
- sieve
- colander

## Directions

- Rinse rice in several changes of cold water until water runs clear.
- Drain well in a sieve. Bring rice, broth, cinnamon stick, and bay leaves to a boil in a 4-quart heavy pot over high heat. Reduce heat to low and cook, covered, until rice is tender and liquid is absorbed, about 15 minutes.
- Remove from heat and let stand, covered and undisturbed, 5 minutes. Discard bay leaves, then stir in butter until melted. Fluff gently with a fork.
- Rice can be made 1 day ahead and cooled completely, uncovered, then chilled in an airtight container. Reheat rice, its surface covered with a dampened paper towel, in a colander set over a saucepan of boiling water, covered, 5 to 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:8.27, Glycemic Load:22.26, Inflammation Score:-1, Nutrition Score:4.6295652442976%

## Nutrients (% of daily need)

Calories: 199.16kcal (9.96%), Fat: 2.36g (3.62%), Saturated Fat: 1.17g (7.31%), Carbohydrates: 38.61g (12.87%), Net Carbohydrates: 37.76g (13.73%), Sugar: 0.2g (0.22%), Cholesterol: 3.76mg (1.25%), Sodium: 33.61mg (1.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.4g (10.81%), Manganese: 0.58mg (29.19%), Vitamin B3: 2.17mg (10.83%), Selenium: 7.02µg (10.02%), Phosphorus: 84.99mg (8.5%), Copper: 0.16mg (7.83%), Vitamin B5: 0.47mg (4.72%), Vitamin B6: 0.09mg (4.39%), Potassium: 144.76mg (4.14%), Zinc: 0.62mg (4.13%), Iron: 0.65mg (3.59%), Fiber: 0.85g (3.39%), Magnesium: 12.95mg (3.24%), Vitamin B2: 0.05mg (3.22%), Calcium: 22.31mg (2.23%), Vitamin B1: 0.03mg (2.17%), Vitamin B12: 0.11µg (1.77%)