

# Steamed Jasmine Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



253 kcal

SIDE DISH

## Ingredients

- 3 cups jasmine rice
- 3.5 cups water

## Equipment

- bowl
- pot
- sieve

## Directions

- Rinse rice in a medium bowl in 3 or 4 changes of cold water, draining in a sieve each time, until water is completely clear.
- Drain in sieve 5 minutes.
- Bring rice and water to a boil in a heavy medium pot. Reduce heat to as low as possible and cook, tightly covered, until rice is tender and water is absorbed, about 15 minutes.
- Remove from heat and let stand, covered, 10 minutes. Fluff with a fork.

## Nutrition Facts

 **PROTEIN 8.05%**  **FAT 1.68%**  **CARBS 90.27%**

## Properties

Glycemic Index:7.65, Glycemic Load:33.38, Inflammation Score:-1, Nutrition Score:5.0239131531638%

## Nutrients (% of daily need)

Calories: 253.22kcal (12.66%), Fat: 0.46g (0.7%), Saturated Fat: 0.12g (0.78%), Carbohydrates: 55.47g (18.49%), Net Carbohydrates: 54.56g (19.84%), Sugar: 0.08g (0.09%), Cholesterol: 0mg (0%), Sodium: 8.64mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.89%), Manganese: 0.75mg (37.74%), Selenium: 10.48µg (14.97%), Copper: 0.17mg (8.46%), Phosphorus: 79.78mg (7.98%), Vitamin B5: 0.7mg (7.03%), Vitamin B6: 0.11mg (5.69%), Vitamin B3: 1.11mg (5.55%), Zinc: 0.77mg (5.11%), Magnesium: 18.38mg (4.59%), Fiber: 0.9g (3.61%), Vitamin B1: 0.05mg (3.24%), Iron: 0.56mg (3.08%), Potassium: 79.78mg (2.28%), Calcium: 22.53mg (2.25%), Vitamin B2: 0.03mg (2%), Folate: 5.55µg (1.39%)