



Yellow rice



Vegetarian



Gluten Free

READY IN



17 min.

SERVINGS



6

CALORIES



326 kcal

SIDE DISH

Ingredients

- ☐ 350 g rice
- ☐ 50 g butter
- ☐ 1 tbsp sugar
- ☐ 1 tsp ground cinnamon
- ☐ 6 cardamom pods shelled crushed
- ☐ 1 tsp turmeric
- ☐ 5 tbsp raisins

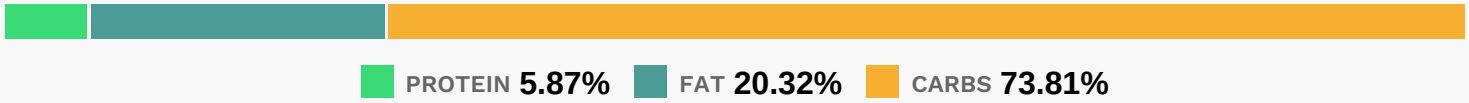
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Put all the ingredients in a large pan with 1 tsp salt and 500ml water, then heat until boiling and the butter has melted.
- ☐ Stir, cover and leave to simmer for 6 mins. Take off the heat and leave, still covered, for 5 mins. Fluff up and tip into a warm bowl to serve.

Nutrition Facts



Properties

Glycemic Index:42.51, Glycemic Load:34.79, Inflammation Score:-9, Nutrition Score:7.3995651077965%

Nutrients (% of daily need)

Calories: 325.95kcal (16.3%), Fat: 7.39g (11.37%), Saturated Fat: 4.44g (27.73%), Carbohydrates: 60.4g (20.13%), Net Carbohydrates: 57.92g (21.06%), Sugar: 2.09g (2.32%), Cholesterol: 17.92mg (5.97%), Sodium: 60.56mg (2.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.61%), Manganese: 1.33mg (66.63%), Selenium: 9.01µg (12.87%), Fiber: 2.48g (9.9%), Copper: 0.18mg (8.88%), Phosphorus: 83.28mg (8.33%), Iron: 1.26mg (7%), Vitamin B6: 0.13mg (6.57%), Vitamin B5: 0.61mg (6.08%), Magnesium: 24.05mg (6.01%), Potassium: 205.75mg (5.88%), Vitamin B3: 1.12mg (5.61%), Zinc: 0.84mg (5.6%), Vitamin A: 209.53IU (4.19%), Vitamin B1: 0.06mg (3.99%), Vitamin B2: 0.06mg (3.48%), Calcium: 34.53mg (3.45%), Vitamin E: 0.28mg (1.86%), Vitamin C: 1.21mg (1.46%), Folate: 5.46µg (1.37%)