

Yogurt Rice



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



253 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon mustard seeds black
- ☐ 4 curry leaves fresh
- ☐ 1 tablespoon ghee (clarified butter)
- ☐ 0.5 teaspoon ground turmeric
- ☐ 1 cup jasmine rice
- ☐ 0.3 cup milk
- ☐ 1 cup yogurt plain
- ☐ 4 servings salt to taste

☐ 2 cups water

Equipment

☐ bowl

☐ frying pan

☐ sauce pan

☐ whisk

Directions

☐ Bring rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, 20 to 25 minutes.

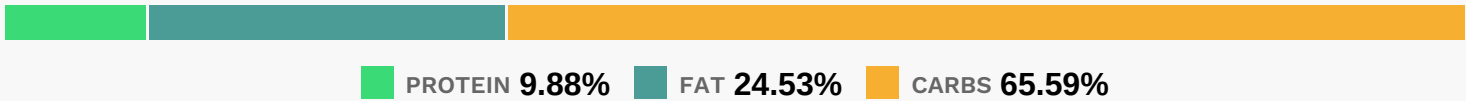
☐ Heat the ghee in a small skillet over medium heat.

☐ Add the broken chile pepper, and cook until fragrant, about 30 seconds. Stir in the black mustard seeds, and cook until they begin to pop, about 30 seconds more.

☐ Remove from the heat, and stir in the turmeric, curry leaves, and asafoetida powder.

☐ Whisk the milk, yogurt, and spice ghee together in a large bowl until smooth. Fold in the rice until well mixed. Season to taste with salt, then allow to cool to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:30.8, Glycemic Load:23.07, Inflammation Score:-9, Nutrition Score:10.965652257204%

Nutrients (% of daily need)

Calories: 253.41kcal (12.67%), Fat: 6.82g (10.49%), Saturated Fat: 3.99g (24.97%), Carbohydrates: 41.01g (13.67%), Net Carbohydrates: 40.23g (14.63%), Sugar: 3.7g (4.11%), Cholesterol: 19.39mg (6.46%), Sodium: 236.25mg (10.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.36%), Vitamin B3: 12.35mg (61.75%), Folate: 126.8µg (31.7%), Manganese: 0.55mg (27.27%), Vitamin C: 20.42mg (24.76%), Selenium: 10.19µg (14.56%), Phosphorus: 133.94mg (13.39%), Calcium: 116.09mg (11.61%), Vitamin B2: 0.13mg (7.9%), Vitamin B5: 0.77mg (7.7%), Copper: 0.13mg (6.67%), Zinc: 1mg (6.65%), Magnesium: 25.41mg (6.35%), Vitamin B6: 0.11mg (5.61%), Potassium: 182.89mg (5.23%), Vitamin B12: 0.31µg (5.15%), Vitamin B1: 0.07mg (4.37%), Iron: 0.58mg (3.22%), Fiber: 0.78g

(3.11%), Vitamin A: 123.38IU (2.47%), Vitamin D: 0.23μg (1.53%)