

Yogurt Rice



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



255 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 pinch asafoetida powder
- ☐ 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

- ☐ 1 chile pepper dried red
- ☐ 4 servings salt to taste
- ☐ 2 cups water

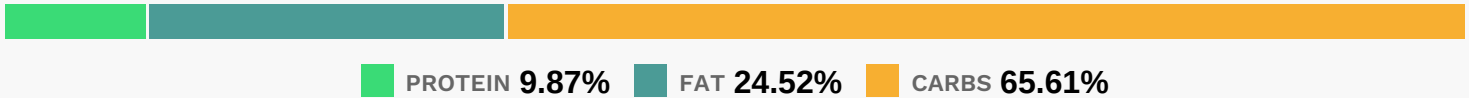
Equipment

- ☐ 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:11.1678260811%

Nutrients (% of daily need)

Calories: 254.67kcal (12.73%), Fat: 6.85g (10.55%), Saturated Fat: 4.01g (25.08%), Carbohydrates: 41.27g (13.76%), Net Carbohydrates: 40.42g (14.7%), Sugar: 3.77g (4.19%), Cholesterol: 19.39mg (6.46%), Sodium: 236.5mg (10.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.41%), Vitamin B3: 12.37mg (61.83%), Folate: 126.92µg (31.73%), Manganese: 0.59mg (29.3%), Vitamin C: 20.52mg (24.88%), Selenium: 10.22µg (14.6%), Phosphorus:

134.44mg (13.44%), Calcium: 117.85mg (11.79%), Vitamin B2: 0.14mg (8.01%), Vitamin B5: 0.77mg (7.71%), Copper: 0.13mg (6.74%), Zinc: 1mg (6.7%), Magnesium: 25.86mg (6.46%), Vitamin B6: 0.11mg (5.71%), Potassium: 186.88mg (5.34%), Vitamin B12: 0.31µg (5.15%), Vitamin B1: 0.07mg (4.39%), Iron: 0.64mg (3.54%), Fiber: 0.85g (3.4%), Vitamin A: 157.14IU (3.14%), Vitamin D: 0.23µg (1.53%)