



Yogurt Rice with Cumin and Chile



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



335 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 17 ounce precooked basmati rice white (such as Uncle Ben's)
- ☐ 1 tablespoon bottled ginger fresh minced
- ☐ 1 tablespoon canola oil
- ☐ 1 teaspoon cumin seeds
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.8 teaspoon kosher salt
- ☐ 6 ounce yogurt plain low-fat
- ☐ 1 serrano chile thinly sliced

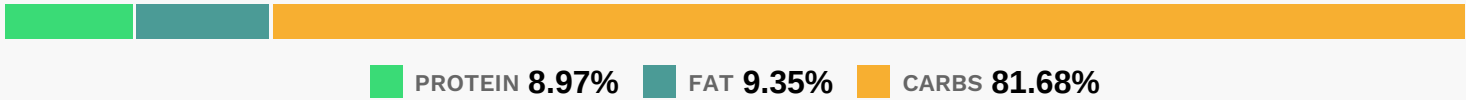
Equipment

☐ frying pan

Directions

- ☐ Heat rice according to package directions.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil; swirl.
- ☐ Add ginger, cumin, and chile; saut 30 seconds. Stir in rice, cilantro, salt, and yogurt; cook 1 minute.

Nutrition Facts



Properties

Glycemic Index:18.86, Glycemic Load:38.72, Inflammation Score:-1, Nutrition Score:7.4821738782136%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 335.27kcal (16.76%), Fat: 3.4g (5.23%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 66.88g (22.29%), Net Carbohydrates: 65.71g (23.89%), Sugar: 2.18g (2.42%), Cholesterol: 1.7mg (0.57%), Sodium: 315.59mg (13.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.34g (14.68%), Manganese: 0.9mg (44.75%), Selenium: 13.11µg (18.72%), Phosphorus: 136.17mg (13.62%), Vitamin B5: 0.99mg (9.9%), Copper: 0.19mg (9.54%), Calcium: 78.25mg (7.83%), Vitamin B6: 0.16mg (7.82%), Zinc: 1.16mg (7.71%), Magnesium: 27.46mg (6.86%), Vitamin B3: 1.37mg (6.84%), Vitamin B2: 0.1mg (6.06%), Potassium: 178.85mg (5.11%), Iron: 0.91mg (5.08%), Vitamin B1: 0.07mg (4.8%), Fiber: 1.17g (4.68%), Vitamin E: 0.53mg (3.55%), Vitamin B12: 0.16µg (2.65%), Folate: 10.17µg (2.54%), Vitamin K: 2.35µg (2.24%), Vitamin C: 0.86mg (1.05%)