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Whole Grain Brown Rice ♦

Whole Grain Brown Rice is a nutritious and delicious recipe that has a long history of being consumed as a staple food in many cultures. It is a versatile ingredient that can be used in a variety of dishes, from stir-fries to pilafs. Brown rice is known for its nutty flavor and chewy texture. It is a whole grain, meaning it contains all parts of the grain, including the bran, germ, and endosperm. This makes it a healthier choice compared to white rice, which has had the bran and germ removed. Brown rice is rich in fiber, vitamins, and minerals, making it a great addition to a balanced diet.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 40 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	Whole Grain Brown Rice
500 ml	water
1 tsp	salt

Directions

Step 1

Preparation

Rinse the brown rice under cold water to remove any excess starch.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Boiling

In a large saucepan, bring the water to a boil.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Boiling

Add the rinsed brown rice and salt to the boiling water.

Prep Time: 0 mins

Cook Time: 30 mins

Step 4

Simmering

Reduce the heat to low, cover the saucepan, and let the rice simmer for 30 minutes or until the water is absorbed and the rice is tender.

Prep Time: 0 mins

Cook Time: 30 mins

Step 5

Resting

Remove the saucepan from the heat and let the rice rest for 5 minutes before fluffing it with a fork.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 216 kcal

Fat: 2 g

Protein: 5 g

Carbohydrates: 45 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%
Fibers	4 g	10.53%	16%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	240 mg	10.43%	10.43%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	88 mg	2.59%	3.38%
Zinc	1 mg	9.09%	12.5%
Selenium	19 mcg	34.55%	34.55%

Recipe Attributes

Seasonality

Winter

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Meal Type

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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