



Healthdor

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## Yellow Rice

Yellow rice is a traditional dish made by cooking rice with spices such as turmeric, saffron, and cumin. It is commonly consumed in many cultures and is known for its vibrant yellow color and aromatic flavor.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 20 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

250 g	Rice
1 tsp	turmeric
2 pinches	saffron
1 tsp	cumin
1 tsp	salt

500 ml Water

## Directions

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### Step 1

Rinse the rice under cold water until the water runs clear.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Boiling

In a pot, add the rinsed rice, turmeric, saffron, cumin, salt, and water.

**Prep Time:** 5 mins

**Cook Time:** 20 mins

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### Step 3

Simmering

Cover the pot and bring the mixture to a boil. Reduce the heat to low and let it simmer for 15-20 minutes until the rice is cooked and the water is absorbed.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 4

Serving

Fluff the rice with a fork and serve hot.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 0 g

**Protein:** 4 g

**Carbohydrates:** 45 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%
Fibers	1 g	2.63%	4%
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	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	2 mg	0.06%	0.08%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Game Day

### Cuisines

Italian French Mediterranean

### Course

Drinks Salads Soups Snacks Sauces & Dressings

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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