



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Rice Banana Carrot Onion Recipe

Rice Banana Carrot Onion Recipe

This recipe is a delicious combination of rice, banana, carrot, and onion. It is a hard recipe that requires some cooking skills to prepare.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	Rice
2 pieces	Banana
100 g	carrot
50 g	onion

Directions

Step 1

Cooking

Cook the rice according to package instructions.

Prep Time: 10 mins

Cook Time: 20 mins

Step 2

Cutting

Slice the banana, carrot, and onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Sautéing

In a pan, sauté the sliced carrot and onion until tender.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Mixing

Add the cooked rice and sliced banana to the pan. Stir well to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Cooking

Cook for another 5 minutes, until the flavors are well combined.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 3 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	2 mg	0.2%	0.2%
Iron	1 mg	12.5%	5.56%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	0 mcg	0%	0%

Recipe Attributes

Difficulty Level

Hard

Visit our website: healthdor.com