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Spiced Lemon Rice ♦

Spiced Lemon Rice is a flavorful and aromatic rice dish that is commonly consumed in Indian cuisine. It is made by cooking basmati rice with spices such as cumin, turmeric, and cinnamon, and adding a tangy twist with fresh lemon juice. This dish is often served as a side dish or as a main course with yogurt or raita. It is a popular choice for special occasions and festivals.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	Basmati rice
500 ml	water
4 tbsp	Lemon juice
2 tbsp	ghee

1 tsp	cumin seeds
1 tsp	turmeric powder
1 piece	cinnamon stick
1 tsp	Salt
0.5 tsp	Black pepper
10 g	fresh coriander leaves

Directions

Step 1

Preparation

Wash the basmati rice under cold water until the water runs clear.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

In a large pot, heat the ghee over medium heat. Add the cumin seeds and cinnamon stick and cook until fragrant, about 1 minute.

Prep Time: 2 mins

Cook Time: 1 mins

Step 3

Stove

Add the washed basmati rice to the pot and stir to coat it with the ghee and spices. Cook for 2 minutes, stirring occasionally.

Prep Time: 2 mins

Cook Time: 2 mins

Step 4

Stove

Add water, turmeric powder, salt, and black pepper to the pot. Bring to a boil, then reduce the heat to low, cover, and simmer for 15-20 minutes or until the rice is cooked and the water is absorbed.

Prep Time: 5 mins

Cook Time: 20 mins

Step 5

Resting

Remove the pot from the heat and let it sit, covered, for 5 minutes. Fluff the rice with a fork and remove the cinnamon stick.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Serving

Drizzle the lemon juice over the cooked rice and garnish with fresh coriander leaves.

Serve hot.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 3 g

Protein: 4 g

Carbohydrates: 39 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	39 g	70.91%	78%
Fibers	2 g	5.26%	8%
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	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	3 g	10.71%	12%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	0 mcg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	100 mg	2.94%	3.85%
Zinc	2 mg	18.18%	25%
Selenium	4 mcg	7.27%	7.27%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter

Cuisines

Italian Chinese Indian Mexican French Mediterranean Greek
American Middle Eastern

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

Low Sodium

Course

Salads

Sauces & Dressings

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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