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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 Fal

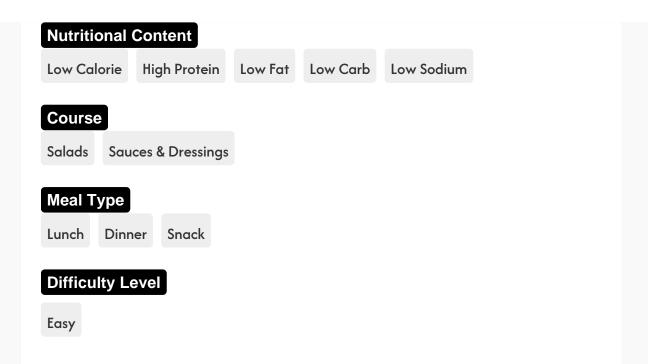
Events

Christmas Easter

Cuisines

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American Middle Eastern



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