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Perfect Brown Rice ♦♦

This recipe provides a foolproof method for cooking perfect brown rice every time. Brown rice is a nutritious whole grain that is rich in fiber, vitamins, and minerals. It has a nutty flavor and chewy texture, making it a versatile ingredient for various dishes.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 45 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

250 g	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 medium 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: 40 mins

Step 4

Simmering

Reduce the heat to low, cover the saucepan, and let the rice simmer for 40 minutes or until tender.

Prep Time: 0 mins

Cook Time: 40 mins

Step 5

Resting

Remove the saucepan from the heat and let the rice rest, covered, for 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Serving

Fluff the cooked rice with a fork before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 216 kcal

Fat: 2 g

Protein: 5 g

Carbohydrates: 46 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	46 g	83.64%	92%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	235 mg	10.22%	10.22%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	83 mg	2.44%	3.19%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	19 mcg	34.55%	34.55%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Barbecue

Cuisines

Italian Vietnamese Middle Eastern

Nutritional Content

Low Calorie Low Fat Low Carb Low Sodium Sugar-Free High Iron

Kitchen Tools

Oven Stove Microwave Grill Slow Cooker Pressure Cooker

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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