

# Jeera Rice / Indian Cumin Rice

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mint-water-recipe-indian>

## Ingredients:

- 1 1/2 cups basmati rice /long grain rice
- 2 teaspoons jeera /Cumin seeds
- 1 tablespoon ghee / Clarified Butter
- 2 bay leaves
- 4 green chilies chopped fine
- 3 mint chopped Pudina /, Optional
- 3 cups water

## Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 60 grams
3. Fat: 3.5 grams
4. Fiber: 2 grams
5. Protein: 6 grams
6. Sodium: 15 milligrams
7. Sugar: 3 grams

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