

Baharat Scented Rice

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/lebanese-baharat-spice-mix-recipe>

Ingredients:

- 2 green onions sliced thinly
- 2 cloves garlic minced
- 1 tablespoon olive oil
- 1 cup brown rice
- 2 cups water
- 1 teaspoon baharat
- 1/2 carrot grated
- kosher salt to taste
- cauliflower roasted

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 39 grams
3. Fat: 5 grams
4. Fiber: 2 grams
5. Protein: 5 grams
6. SaturatedFat: 1 grams
7. Sodium: 220 milligrams
8. Sugar: 1 grams

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