

Seasoned Rice

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chalet-seasoned-rice-recipe>

Ingredients:

- 2 cups brown Jasmine rice \$1.21
- 1/2 teaspoon garlic powder \$0.05
- 1/2 teaspoon dried thyme \$0.05
- 1/4 teaspoon crushed red pepper optional \$0.02
- 3/4 teaspoon salt \$0.03
- 4 cups water \$0.00

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 72 grams
3. Fat: 3 grams
4. Fiber: 4 grams
5. Protein: 7 grams
6. SaturatedFat: 1 grams
7. Sodium: 460 milligrams
8. Sugar: 1 grams

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