

# Tomato Rice

Yield: 3 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/tomato-rice-recipe-vietnamese>

## Ingredients:

- 1 cup rice
- 4 cloves Thin sliced
- 1 onion
- 2 tomato
- 1 teaspoon salt
- 1/4 teaspoon turmeric
- 1 teaspoon chilli powder 1/2 tsp + Coriander powder - 1/2 tsp
- 5 mint leaves optional
- 2 tablespoons coriander leaves
- 2 tablespoons oil
- 1/4 teaspoon mustard
- 1 teaspoon urad dal
- 1 teaspoon chana dal
- 1 teaspoon fennel seeds
- 1 sprig curry leaves
- 2 green chilli

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 30 grams
3. Fat: 10 grams
4. Fiber: 4 grams
5. Protein: 4 grams
6. SaturatedFat: 1 grams
7. Sodium: 810 milligrams
8. Sugar: 6 grams

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