




PERFECT JASMINE RICE

Fragrant Jasmine rice, steamed to perfection without the need for any fancy equipment!

-  5 minutes
-  20 minutes
-  6 servings

INGREDIENTS

- 1 1/2 cups Jasmine rice
- 2 cups water
- 1/2 teaspoon Kosher salt
- 1 teaspoon Canola oil

COOKING METHOD

- 1° In a large saucepan, bring the water to a boil.
- 2° Once the water is boiling, add the salt, oil, and rice. Stir to blend, then cover. Bring back to a boil, then reduce the heat to medium low.
- 3° Simmer until all of the water has cooked out, about 15 minutes. Fluff with a fork before serving.

NUTRITIONAL INFORMATION

	PER 100 g	PER SERVING (136 g)	% DRI
ENERGY	129 kcal	175 kcal	9 %
FAT	1 g	1 g	2 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	1 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	146 mg	199 mg	8 %
CARBOHYDRATE	27 g	37 g	12 %
SUGARS	0 g	0 g	—
FIBER	0 g	1 g	2 %
PROTEIN	2 g	3 g	—