

6 NUTRITIOUS TYPES OF RICE

TYPE	GRAIN	CHARACTERISTICS	NUTRITION	PREP + COOK	USE IN
Brown Rice	<ul style="list-style-type: none"> long 	<ul style="list-style-type: none"> firmer texture mild nutty flavor 	<ul style="list-style-type: none"> protein, fiber vitamin B6, magnesium, iron, potassium low glycemic index 	<ul style="list-style-type: none"> rinse with cool water before cooking cook: 2 parts liquid to 1 part rice 	<ul style="list-style-type: none"> bowls side dishes, salads, stuffing skillets, casseroles stew, soup, curry stir fries, fried rice
Brown Basmati Rice (rather than white basmati)	<ul style="list-style-type: none"> long 	<ul style="list-style-type: none"> separate and dry texture slightly nutty aroma and flavor 	<ul style="list-style-type: none"> protein, fiber calcium, iron, niacin, thiamine easy to digest low glycemic index 	<ul style="list-style-type: none"> rinse with cool water before cooking cook: 2 parts liquid to 1 part rice 	<ul style="list-style-type: none"> bowls pilaf, biryani side dishes, salads casseroles fried rice with dal, curry, stews
Brown Jasmine (rather than white jasmine)	<ul style="list-style-type: none"> long 	<ul style="list-style-type: none"> moist, soft texture floral, slightly nutty, aromatic 	<ul style="list-style-type: none"> protein, fiber magnesium, iron, phosphorus, zinc, manganese selenium low-med glycemic index 	<ul style="list-style-type: none"> rinse with cool water before cooking cook: 1 3/4 parts liquid to 1 part rice 	<ul style="list-style-type: none"> curries stir fries side dishes rice pudding
Arborio Rice	<ul style="list-style-type: none"> medium or short 	<ul style="list-style-type: none"> starchy; soft, creamy texture absorbs flavors it is cooked in 	<ul style="list-style-type: none"> protein, fiber vitamins A and C, Iron medium glycemic index 	<ul style="list-style-type: none"> <u>do not</u> rise before cooking use liquid and rice amount noted in recipes 	<ul style="list-style-type: none"> risotto, paella rice pudding, rice balls, pancake soup frittata
Black Rice (aka Purple Rice or Forbidden Rice; different from Black Sticky Rice or Wild Rice)	<ul style="list-style-type: none"> long, medium, or short 	<ul style="list-style-type: none"> soft texture mildly nutty, earthy flavor 	<ul style="list-style-type: none"> protein, high fiber many vitamins, minerals, and antioxidants low glycemic index 	<ul style="list-style-type: none"> may require presoaking follow prep and cooking instructions for specific brand 	<ul style="list-style-type: none"> bowls rice pudding, rice cakes soup side dishes, salads stir fries
Red Rice (aka Himalayan or Bhutanese rice)	<ul style="list-style-type: none"> long, medium, or short 	<ul style="list-style-type: none"> firmer texture slightly nutty, earthy flavor 	<ul style="list-style-type: none"> protein, high fiber many vitamins, minerals, and antioxidants medium glycemic index 	<ul style="list-style-type: none"> may require presoaking follow prep and cooking instructions for specific brand 	<ul style="list-style-type: none"> bowls, soup rice cakes side dishes, salads stir fries, fried rice