# DietCloud – Recipe

**Recipe Name:** LEMON RICE

**Diet Type:**

**Course:** General Course

**Cuisine:** Indian

**Quantity:**



## Description

Lemon Rice, also known as Chitranna, is a vibrant and zesty South Indian comfort food made with fluffy rice, infused with fresh lemon juice and turmeric for its signature golden hue. It's lightly tempered with mustard seeds, curry leaves, crunchy peanuts, and cashews, offering a delightful blend of textures and flavors. This dish is typically served as a light lunch, breakfast, or a flavorful side.
[PROS]
- Excellent source of Vitamin C from fresh lemon juice.
- Turmeric provides potent anti-inflammatory and antioxidant benefits.
- Peanuts and cashews add healthy fats, protein, and dietary fiber.
- A naturally vegetarian and often vegan-friendly dish, suitable for many diets.
- Quick and easy to prepare, making it ideal for busy schedules.
[CONS]
- Primarily carbohydrate-dense; portion control is key, especially for those managing blood sugar.
- Contains common allergens like peanuts and tree nuts (cashews).
- Can be high in sodium if not mindful of salt content during preparation.
- Frying nuts and tempering spices requires oil, contributing to fat content.
[DIETITIAN REVIEW]
Lemon Rice is a flavorful and satisfying dish that offers a good energy boost from complex carbohydrates. Its incorporation of turmeric and lemon provides valuable antioxidants and Vitamin C, while nuts contribute healthy fats and protein. To enhance its nutritional profile, consider using brown rice for increased fiber or adding more vegetables. Score: 8/10

## Ingredients

| Ingredient | Quantity |
|---|---|
| • Cooked Rice (preferably leftover • separated grains) | 1 cup |
| • Fresh Lemon Juice | 1.5 tbsp |
| • Turmeric Powder | 1/4 tsp |
| • Salt | 1/2 tsp (or to taste) |

- Vegetable Oil (or coconut oil) 1.5 tsp

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- Mustard Seeds 1/2 tsp

- Peanuts (raw or roasted) 1 tbsp

- Cashew Nuts (split or whole) 1 tbsp

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| • Curry Leaves | 6-8 leaves |

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| • Green Chili (slit lengthwise<br>• optional) | 1 small |

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|---|---|
| • Asafoetida (Hing<br>• optional) | a tiny pinch |

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## Preparation

• 1.
• Ensure your rice is cooked and cooled.
• If using freshly cooked rice, spread it out on a plate to cool slightly and separate the grains.
• 2.
• In a small bowl, combine the cooked rice with turmeric powder and salt.
• Gently mix until the rice is uniformly yellow.
• Set aside.
• 3.
• Heat the vegetable oil in a pan or kadai over medium heat.
• Once hot, add the mustard seeds and let them splutter.
• 4.
• Immediately add the peanuts and cashew nuts.
• Sauté until the nuts turn golden brown and fragrant.
• Be careful not to burn them.
• 5.
• Add the curry leaves and green chili (if using) to the pan.
• Sauté for about 30 seconds until the curry leaves are crisp.
• If using, add a pinch of asafoetida and stir quickly.
• 6.
• Turn off the heat.
• Add the prepared yellow rice mixture to the pan with the tempered spices and nuts.
• Pour the fresh lemon juice over the rice.
• 7.
• Gently fold all the ingredients together until well combined, ensuring the lemon juice is evenly distributed and the rice grains are separated.
• 8.
• Serve immediately as a light meal or a flavorful side dish.
• Garnish with fresh cilantro if desired.

## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|---|---|---|---|---|---|
| 250 | 4 | 45 | 4 | 1 | 1 |