

How To Microwave Brown Rice

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When people cook brown rice on the stove, then the cooking time is fifty minutes. However, when they cook brown rice in the microwave, then the cooking time is 30 minutes. The technique for both methods is different, because when a chef microwave brown rice, then he has to take into account the extra layers of bran and germ, which have to properly cooked.

Can You Microwave Brown Rice?

The easiest way to cook brown rice in the oven is by putting it in microwave safe bowl, and including normal recipe ingredients. The brown rice should be cooked for ten minutes, without any cover, and then, they should be covered and cooked for about 20 minutes. If people want to cook brown rice, the right way, then they can buy a microwave rice cooker; **Steamy Kitchen**.

This rice cooker is specifically designed to not only cook rice in the microwave, but also steam vegetables. How to microwave apple crisp – [Click Here](#).

Is Microwave Brown Rice Healthy?

Microwave brown rice is no different from stove cooked brown rice. Brown rice is healthy, and they have a lot of nutritional value for consumers. Brown rice is a whole grain, and it is not as processed as white rice is. It has nutrients, minerals and antioxidants, which white rice don't have. Moreover, if someone loves rice, but also wants to lose weight, then they can eat brown rice instead. Brown rice has more fiber than white rice, which is why it keeps a person full for a long time. Do you know if you can microwave ovens be recycled – [Website](#).

As it is rich in fiber, it can decrease the risk of heart diseases as well. This is why, people should try replacing white rice with brown rice, or can eat both from time to time; **Healthline**.

How Long Microwave Brown Rice?

Brown rice can be microwaved for about 25-30 minutes. First, take 16oz of brown rice, 4 cups of water, 2 tsp of butter, salt and pepper to taste. The chef has to combine rice, water and then butter in a microwave container, but there is no need to cover the container. Put the dish in the microwave, and then set it on high for about ten minutes, but don't stir them. Put them again in the microwave on a medium-low temperature for 15 minutes. The brown rice will be ready in 25 minutes, and then the chef can sprinkle salt and pepper on it to give it a taste. Can microwave rice be reheated – [Click Here](#).

Can Brown Rice Make You Bloating?

Some people feel bloated when they consume brown rice. Brown rice contains fiber, starch and even raffinose. When they are broken down in the large intestine, they create gases; this could happen, particularly to those who have a sensitive gut. These gasses cannot only trigger bloating, but can cause inflammation as well; **HeavenlyRice**.

Can Brown Rice Increase Blood Sugar?

As brown rice contains fiber, it is a good source to manage diabetes. If someone suffers from high blood sugar levels, they can still eat brown rice.

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