



Armenian Fruit and Nut Pilaf

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



407 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup almonds coarsely chopped
- ☐ 3 ounces angel hair pasta dried
- ☐ 5 tablespoons butter
- ☐ 1 quart fat-skimmed chicken broth
- ☐ 0.8 cup golden raisins coarsely chopped
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 teaspoon juice of lemon
- ☐ 2 tablespoons parsley chopped

- ☐ 0.8 cup peas frozen
- ☐ 0.3 teaspoon pepper white
- ☐ 2 cups rice long-grain white

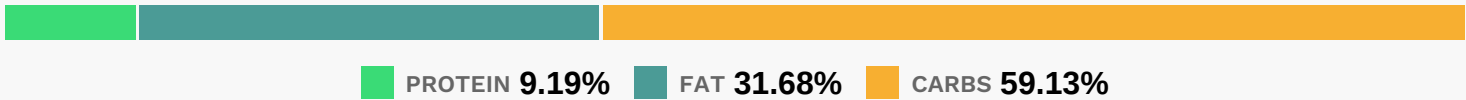
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 5- to 6-quart pan over medium heat, melt 4 tablespoons butter. Break pasta into 1-inch lengths.
- ☐ Add pasta and rice to butter and stir often until golden, about 8 minutes.
- ☐ Add broth, allspice, and pepper. Bring to a boil over high heat, then cover, reduce heat to low, and simmer until rice is tender to bite, 15 to 20 minutes; stir occasionally.
- ☐ Meanwhile, in an 8- to 10-inch frying pan over medium heat, melt remaining 1 tablespoon butter.
- ☐ Add almonds and stir often until golden, about 5 minutes.
- ☐ Add raisins and stir until they puff, about 2 minutes.
- ☐ Remove from heat.
- ☐ Stir peas, parsley, and lemon juice into rice. Cover and simmer until peas are hot, about 3 minutes.
- ☐ Pour into a serving bowl and sprinkle with nut and raisin mixture.

Nutrition Facts



Properties

Glycemic Index:32.65, Glycemic Load:31.93, Inflammation Score:-6, Nutrition Score:13.359999822534%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 406.6kcal (20.33%), Fat: 14.54g (22.37%), Saturated Fat: 2.12g (13.24%), Carbohydrates: 61.06g (20.35%), Net Carbohydrates: 57.05g (20.74%), Sugar: 9.94g (11.05%), Cholesterol: 0mg (0%), Sodium: 572.4mg (24.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.49g (18.97%), Manganese: 1.03mg (51.28%), Vitamin E: 3.81mg (25.39%), Selenium: 17.2µg (24.57%), Vitamin K: 20.3µg (19.34%), Copper: 0.37mg (18.46%), Phosphorus: 183.98mg (18.4%), Magnesium: 64.85mg (16.21%), Fiber: 4.01g (16.06%), Vitamin B2: 0.26mg (15.01%), Vitamin B3: 2.52mg (12.62%), Potassium: 356.44mg (10.18%), Vitamin A: 502.07IU (10.04%), Vitamin B6: 0.2mg (9.75%), Iron: 1.69mg (9.41%), Vitamin C: 7.52mg (9.12%), Zinc: 1.32mg (8.81%), Vitamin B1: 0.12mg (7.8%), Vitamin B5: 0.76mg (7.65%), Calcium: 71.61mg (7.16%), Folate: 23.72µg (5.93%), Vitamin B12: 0.25µg (4.09%)