



Basmati Pilaf With Almonds and Cilantro

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



240 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup almonds sliced
- 1 cup rice uncooked
- 0.3 teaspoon pepper black
- 10.5 ounce beef broth canned
- 0.3 cup cilantro leaves fresh chopped
- 1 garlic clove minced
- 0.3 cup green onions chopped
- 2 teaspoons olive oil

0.3 teaspoon salt

0.8 cup water

Equipment

sauce pan

Directions

Heat olive oil in a medium saucepan over medium heat.

Add almonds, and saut for 2 minutes or until lightly browned.

Add the rice and garlic, and saut for 2 minutes. Stir in the water and broth, and bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed.

Remove from heat; stir in cilantro and the remaining ingredients.

Nutrition Facts



PROTEIN 10% **FAT 23.83%** **CARBS 66.17%**

Properties

Glycemic Index:49.3, Glycemic Load:22.51, Inflammation Score:-3, Nutrition Score:7.6678261083105%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 239.75kcal (11.99%), Fat: 6.32g (9.72%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 39.49g (13.16%), Net Carbohydrates: 37.69g (13.71%), Sugar: 0.55g (0.61%), Cholesterol: 0mg (0%), Sodium: 428.44mg (18.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.94%), Manganese: 0.73mg (36.45%), Vitamin K: 17.51µg (16.67%), Vitamin E: 2.36mg (15.75%), Selenium: 7.98µg (11.4%), Phosphorus: 103.88mg (10.39%), Copper: 0.2mg (9.96%), Magnesium: 36.11mg (9.03%), Vitamin B3: 1.65mg (8.24%), Vitamin B2: 0.13mg (7.84%), Fiber: 1.8g (7.19%),

Vitamin B6: 0.11mg (5.44%), Vitamin B5: 0.54mg (5.36%), Zinc: 0.79mg (5.25%), Iron: 0.93mg (5.16%), Potassium: 176.75mg (5.05%), Calcium: 46.56mg (4.66%), Vitamin B1: 0.06mg (3.69%), Folate: 13.23 μ g (3.31%), Vitamin A: 130.62IU (2.61%), Vitamin C: 1.68mg (2.04%)