



Basmati Rice and Mustard-Seed Pilaf



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



139 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.7 cup rice white
- ☐ 2 teaspoons mustard seeds
- ☐ 0.5 teaspoon salt
- ☐ 2 shallots
- ☐ 1 teaspoon vegetable oil
- ☐ 1 cup water

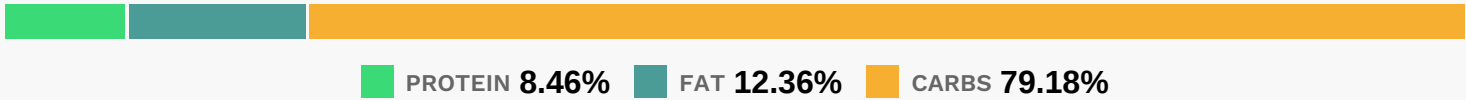
Equipment

- ☐ sauce pan

Directions

- ☐ Thinly slice shallots and in a 2-quart heavy saucepan cook in oil over moderate heat, stirring occasionally, until golden. Stir in mustard seeds and cook until they begin to pop.
- ☐ Add rice and cook, stirring, 1 minute.
- ☐ Add water and salt and bring to a boil. Cook pilaf, covered, over low heat until rice is tender and water is absorbed, about 25 minutes. Fluff rice with a fork.
- ☐ Each serving about 125 calories and 2 grams fat.
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:22.8, Glycemic Load:15.35, Inflammation Score:-1, Nutrition Score:3.6399999554067%

Nutrients (% of daily need)

Calories: 139.11kcal (6.96%), Fat: 1.88g (2.9%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 27.17g (9.06%), Net Carbohydrates: 26.19g (9.52%), Sugar: 1.12g (1.25%), Cholesterol: 0mg (0%), Sodium: 296.88mg (12.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Manganese: 0.41mg (20.47%), Selenium: 7.93µg (11.33%), Phosphorus: 55.38mg (5.54%), Vitamin B6: 0.1mg (4.98%), Copper: 0.1mg (4.91%), Magnesium: 16.48mg (4.12%), Fiber: 0.98g (3.94%), Vitamin B5: 0.36mg (3.61%), Zinc: 0.48mg (3.23%), Iron: 0.54mg (2.99%), Vitamin B3: 0.59mg (2.95%), Vitamin B1: 0.04mg (2.74%), Potassium: 88.34mg (2.52%), Folate: 9.15µg (2.29%), Vitamin K: 2.28µg (2.17%), Calcium: 19.2mg (1.92%), Vitamin E: 0.21mg (1.38%), Vitamin C: 1.11mg (1.34%), Vitamin B2: 0.02mg (1.27%)