



## Brown-and-Wild Rice Pilaf with Date Chutney

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



406 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1.3 cups brown basmati rice uncooked
- 6 servings date chutney
- 0.3 teaspoon ground turmeric
- 1 tablespoon olive oil
- 1.5 cups onion vertically sliced
- 0.8 cup peas green frozen thawed
- 0.5 teaspoon salt
- 6 tablespoons slivered almonds toasted

- 3 cups water
- 0.8 cup rice wild uncooked

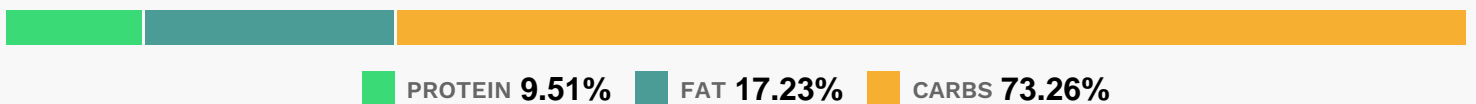
## Equipment

- frying pan
- sauce pan

## Directions

- Combine first 4 ingredients in a large saucepan, and bring to a boil. Cover, reduce heat, and simmer 15 minutes.
- Add basmati rice. Return mixture to a boil; cover, reduce heat, and simmer for 25 minutes. Stir in green peas; cook 5 minutes.
- Remove from heat; let stand, covered, 5 minutes.
- Heat the oil in a large nonstick skillet over medium-high heat.
- Add the onion; saut 20 minutes or until golden brown, stirring frequently.
- Divide the rice mixture evenly among 6 plates; top each serving with the caramelized onions, chutney, and almonds.
- (Totals include Date Chutney)

## Nutrition Facts



## Properties

Glycemic Index:42.59, Glycemic Load:38.31, Inflammation Score:-8, Nutrition Score:14.389130291731%

## Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg

Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg

## Nutrients (% of daily need)

Calories: 406.18kcal (20.31%), Fat: 8.03g (12.36%), Saturated Fat: 0.84g (5.28%), Carbohydrates: 76.85g (25.62%), Net Carbohydrates: 69.73g (25.36%), Sugar: 22.73g (25.25%), Cholesterol: 0mg (0%), Sodium: 206.32mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.96%), Manganese: 1.13mg (56.26%), Fiber: 7.12g (28.49%), Magnesium: 96.27mg (24.07%), Phosphorus: 229.02mg (22.9%), Copper: 0.42mg (21.07%), Vitamin E: 3.15mg (21.01%), Vitamin B3: 3.14mg (15.68%), Zinc: 2.32mg (15.47%), Potassium: 504.62mg (14.42%), Vitamin B6: 0.28mg (14.24%), Vitamin B2: 0.24mg (14.12%), Folate: 51.6µg (12.9%), Vitamin C: 10.35mg (12.55%), Selenium: 8.22µg (11.74%), Vitamin B1: 0.15mg (10.19%), Iron: 1.78mg (9.87%), Vitamin B5: 0.9mg (8.97%), Calcium: 71.17mg (7.12%), Vitamin K: 7.3µg (6.95%), Vitamin A: 146.36IU (2.93%)