

Brown Rice Pilaf



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



116 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup brown rice uncooked
- ☐ 0.5 cup carrots shredded
- ☐ 0.5 cup celery finely chopped
- ☐ 2 cups less-sodium chicken broth fat-free
- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon salt

☐ 3 tablespoons slivered almonds toasted

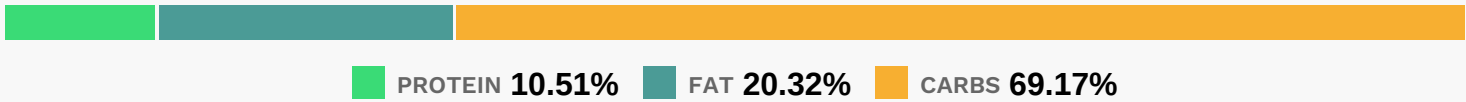
Equipment

☐ sauce pan

Directions

- ☐ Bring broth to a boil in a heavy saucepan; stir in rice and next 5 ingredients.
- ☐ Cover, reduce heat, and simmer 50 to 55 minutes or until rice is tender and liquid is absorbed. Stir in green onions and almonds.
- ☐ Tip: Brown rice has twice the fiber of white rice. Increasing the fiber in your diet may help control blood sugar.

Nutrition Facts



Properties

Glycemic Index:30.2, Glycemic Load:10.56, Inflammation Score:-8, Nutrition Score:8.1469565111658%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 115.88kcal (5.79%), Fat: 2.65g (4.08%), Saturated Fat: 0.28g (1.74%), Carbohydrates: 20.32g (6.77%), Net Carbohydrates: 18.62g (6.77%), Sugar: 0.8g (0.88%), Cholesterol: 0mg (0%), Sodium: 389.59mg (16.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.18%), Manganese: 1.01mg (50.59%), Vitamin A: 1422.06IU (28.44%), Magnesium: 47.13mg (11.78%), Phosphorus: 93.21mg (9.32%), Vitamin K: 9.43µg (8.98%), Vitamin B3: 1.6mg (7.99%), Vitamin B1: 0.12mg (7.94%), Vitamin B6: 0.16mg (7.89%), Vitamin E: 1.07mg (7.11%), Fiber: 1.71g (6.83%), Copper: 0.13mg (6.25%), Vitamin B5: 0.48mg (4.82%), Potassium: 161.59mg (4.62%), Vitamin B2: 0.08mg

(4.51%), Zinc: 0.65mg (4.36%), Iron: 0.74mg (4.12%), Folate: 12.84µg (3.21%), Calcium: 28.47mg (2.85%), Selenium: 1.51µg (2.16%), Vitamin B12: 0.11µg (1.89%), Vitamin C: 1.42mg (1.72%)