



HEALTH SCORE

51%

Butternut-Rice Pilaf



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3 cups butternut cubed peeled () (1 pound)
- ☐ 1 teaspoon rubbed sage dried
- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon juice of lemon
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion chopped

- ☐ 1 cup rice long-grain uncooked
- ☐ 0.5 cup bottled roasted bell peppers red chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 cups water

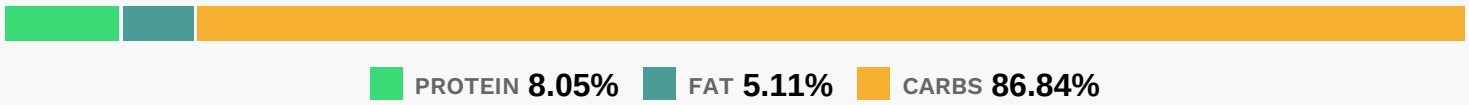
Equipment

- ☐ sauce pan

Directions

- ☐ Heat olive oil in a large saucepan over medium heat.
- ☐ Add onion and garlic, and saut 3 minutes.
- ☐ Add squash, water, and rice, and bring to a boil. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Stir in bell peppers and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:38.8, Glycemic Load:23.31, Inflammation Score:-10, Nutrition Score:19.670434754828%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

Nutrients (% of daily need)

Calories: 281.61kcal (14.08%), Fat: 1.65g (2.54%), Saturated Fat: 0.29g (1.83%), Carbohydrates: 63.17g (21.06%), Net Carbohydrates: 58.02g (21.1%), Sugar: 5.72g (6.35%), Cholesterol: 0mg (0%), Sodium: 548.05mg (23.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.72%), Vitamin A: 18959.39IU (379.19%), Vitamin C: 49.57mg (60.09%), Manganese: 1mg (50.24%), Vitamin B6: 0.46mg (22.94%), Potassium: 778.51mg (22.24%), Fiber: 5.16g (20.64%), Magnesium: 80.88mg (20.22%), Vitamin E: 2.77mg (18.49%), Vitamin B1: 0.24mg (15.95%), Folate: 62.44µg (15.61%), Vitamin B3: 3.04mg (15.22%), Copper: 0.3mg (14.9%), Phosphorus: 131.85mg (13.19%), Calcium:

125.68mg (12.57%), Vitamin B5: 1.25mg (12.51%), Selenium: 8.47µg (12.09%), Iron: 2.07mg (11.49%), Zinc: 0.92mg (6.16%), Vitamin B2: 0.08mg (4.59%), Vitamin K: 3.45µg (3.28%)