



Cashew Raisin Rice Pilaf



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



284 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup carrots chopped
- ☐ 1 cup cashew pieces
- ☐ 3 cups chicken broth
- ☐ 1 cup golden raisins
- ☐ 12 servings ground pepper black to taste
- ☐ 0.3 cup butter
- ☐ 1 onion chopped
- ☐ 2 cups peas green frozen

- ☐ 4 ounce pimento peppers diced drained
- ☐ 1 teaspoon salt
- ☐ 1.5 cups rice long grain white uncooked
- ☐ 0.8 cup rice wild uncooked

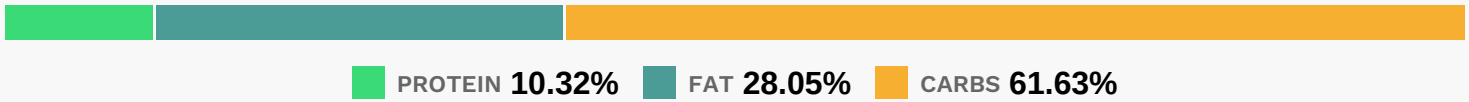
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Melt margarine in a large saucepan over medium-high heat.
- ☐ Saute the long grain rice, onion, carrot and raisins for 3 to 5 minutes or until onion is tender.
- ☐ Pour in the broth and bring to a boil. Reduce heat to low, cover pan and simmer for 20 to 25 minutes.
- ☐ Meanwhile, in a saucepan bring 1 1/2 cups salted water to a boil.
- ☐ Add wild rice, reduce heat, cover and simmer for 45 minutes.
- ☐ Drain and set aside.
- ☐ When the rice/raisin mixture is finished simmering (rice is cooked), stir in cooked wild rice, peas, pimentos and cashews and heat through.

Nutrition Facts



Properties

Glycemic Index:32.85, Glycemic Load:22.51, Inflammation Score:-9, Nutrition Score:13.357391369084%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 284.09kcal (14.2%), Fat: 9.13g (14.05%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 45.15g (15.05%), Net Carbohydrates: 41.31g (15.02%), Sugar: 10.9g (12.11%), Cholesterol: 1.17mg (0.39%), Sodium: 471.51mg (20.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.56g (15.11%), Vitamin A: 2390.71IU (47.81%), Manganese: 0.77mg (38.74%), Vitamin C: 21.25mg (25.76%), Copper: 0.45mg (22.5%), Phosphorus: 185.61mg (18.56%), Magnesium: 70.84mg (17.71%), Fiber: 3.83g (15.33%), Zinc: 1.91mg (12.76%), Vitamin B6: 0.25mg (12.65%), Vitamin K: 12.87µg (12.25%), Vitamin B1: 0.16mg (10.97%), Iron: 1.97mg (10.94%), Vitamin B3: 2.12mg (10.59%), Potassium: 369.04mg (10.54%), Selenium: 6.75µg (9.64%), Vitamin B2: 0.15mg (8.88%), Folate: 34.6µg (8.65%), Vitamin B5: 0.53mg (5.29%), Vitamin E: 0.57mg (3.82%), Calcium: 35.62mg (3.56%)