



Cauliflower & chickpea pilaf



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



436 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tbsp unrefined sunflower oil
- ☐ 2 large onions sliced
- ☐ 1 tbsp curry paste
- ☐ 200 g rice
- ☐ 350 g cauliflower florets
- ☐ 400 g chickpeas rinsed drained canned
- ☐ 500 ml vegetable stock
- ☐ 50 g almonds flaked toasted

☐ 1 handful coriander chopped

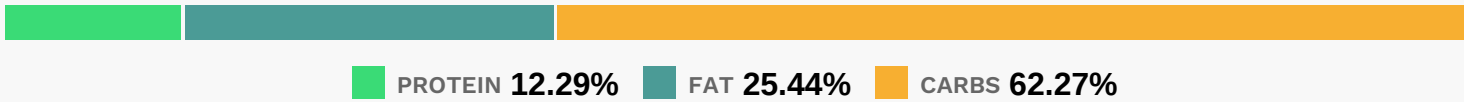
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a large, non-stick pan and add the onions. Cook over a medium heat for 5 mins until starting to turn golden. Stir in the curry paste and cook for 1 min.
- ☐ Add the rice, cauliflower and chickpeas, stirring to coat in the paste.
- ☐ Pour in the stock and stir. Cover and simmer for 10-15 mins until the rice and cauliflower are tender and all the liquid has been absorbed. Stir in the almonds and coriander, then serve.

Nutrition Facts



Properties

Glycemic Index:61.88, Glycemic Load:30.94, Inflammation Score:-8, Nutrition Score:22.823913035185%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 4.09mg, Isorhamnetin: 4.09mg, Isorhamnetin: 4.09mg, Isorhamnetin: 4.09mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.27mg, Quercetin: 16.27mg, Quercetin: 16.27mg, Quercetin: 16.27mg

Nutrients (% of daily need)

Calories: 436.44kcal (21.82%), Fat: 12.62g (19.41%), Saturated Fat: 1.38g (8.6%), Carbohydrates: 69.48g (23.16%), Net Carbohydrates: 59.67g (21.7%), Sugar: 6.79g (7.54%), Cholesterol: 0mg (0%), Sodium: 807.05mg (35.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.72g (27.44%), Manganese: 1.88mg (94.21%), Vitamin C: 48.41mg (58.68%), Vitamin B6: 0.82mg (41.23%), Fiber: 9.8g (39.22%), Vitamin E: 4.8mg (32.02%), Phosphorus: 258.36mg (25.84%), Folate: 99.25µg (24.81%), Magnesium: 94.14mg (23.53%), Copper: 0.46mg (22.87%), Potassium: 669.46mg (19.13%), Vitamin A: 939.19IU (18.78%), Vitamin K: 17.2µg (16.38%), Selenium: 10.97µg (15.67%),

Vitamin B5: 1.55mg (15.46%), Iron: 2.73mg (15.19%), Vitamin B2: 0.26mg (15.08%), Zinc: 1.99mg (13.29%), Calcium: 125.04mg (12.5%), Vitamin B1: 0.17mg (11.44%), Vitamin B3: 1.92mg (9.62%)