



Chicken pilaf with dill & pine nuts



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



527 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 250 g rice
- ☐ 2 tbsp olive oil
- ☐ 1 onion thinly sliced
- ☐ 2 chicken breasts boneless skinless cut into small cubes
- ☐ 0.5 tsp allspice
- ☐ 1 tbsp tomato purée
- ☐ 400 ml chicken stock see
- ☐ 1 small bunch optional: dill chopped

- ☐ 140 g soya beans frozen hot
- ☐ 50 g pinenuts toasted

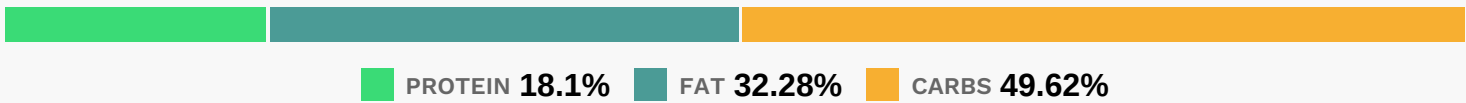
Equipment

- ☐ frying pan

Directions

- ☐ Rinse the rice until the water runs clear, then drain.
- ☐ Heat the oil in a medium pan and fry the onion for 5 mins. Stir in the chicken, allspice and tomato pure, and cook for 2 mins more.
- ☐ Add the rice, stock and half the dill, then bring to a boil. Cover, reduce heat slightly and simmer for 8 mins.
- ☐ Stir in the beans and cook for 2–3 mins more until the rice is cooked and liquid has been absorbed. Stir in the pine nuts and remaining dill with some seasoning.

Nutrition Facts



Properties

Glycemic Index:44.05, Glycemic Load:33.56, Inflammation Score:-5, Nutrition Score:20.247825928356%

Flavonoids

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: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg

Nutrients (% of daily need)

Calories: 526.81kcal (26.34%), Fat: 18.84g (28.99%), Saturated Fat: 2.38g (14.87%), Carbohydrates: 65.18g (21.73%), Net Carbohydrates: 61.42g (22.33%), Sugar: 4.12g (4.58%), Cholesterol: 39.2mg (13.07%), Sodium: 218.42mg (9.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.77g (47.54%), Manganese: 1.99mg (99.42%), Vitamin B3: 9.39mg (46.97%), Selenium: 30.92µg (44.17%), Phosphorus: 343.55mg (34.35%), Vitamin B6: 0.66mg (33.18%), Copper: 0.49mg (24.35%), Magnesium: 84.93mg (21.23%), Potassium: 617.97mg (17.66%), Vitamin E: 2.47mg (16.48%), Vitamin B5: 1.59mg (15.85%), Zinc: 2.38mg (15.84%), Fiber: 3.77g (15.06%), Folate: 59.11µg (14.78%),

Vitamin B2: 0.24mg (14.38%), Vitamin B1: 0.21mg (13.93%), Iron: 2.34mg (13%), Vitamin K: 12.59µg (11.99%), Calcium: 47.17mg (4.72%), Vitamin C: 3.85mg (4.67%), Vitamin B12: 0.11µg (1.88%), Vitamin A: 70.4IU (1.41%)