



Confetti Rice Pilaf with Toasted Flaxseed



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



266 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup basmati long-grain uncooked
- ☐ 0.3 teaspoon pepper black
- ☐ 16 ounce less-sodium chicken broth fat-free canned
- ☐ 0.3 cup flaxseeds
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 2 teaspoons olive oil

- ☐ 1 cup onion chopped
- ☐ 0.5 teaspoon salt

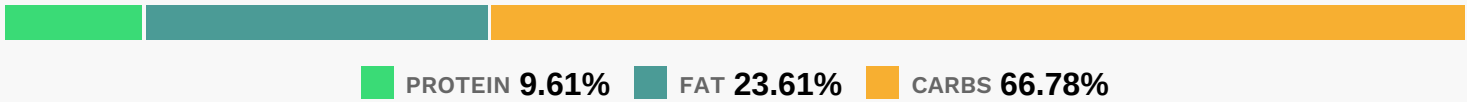
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Place flaxseed in a small nonstick skillet; cook over low heat 5 minutes or until toasted, stirring constantly.
- ☐ Place flaxseed in a blender; process just until chopped.
- ☐ Heat oil in a saucepan over medium heat until hot.
- ☐ Add onion; cook over medium heat 3 minutes or until tender.
- ☐ Add rice. Cook 1 minute; stir constantly. Stir in broth; bring to a boil. Reduce heat; simmer 20 minutes or until rice is tender.
- ☐ Remove from heat; fluff with fork. Stir in flaxseed and remaining ingredients.
- ☐ Note: Flaxseed keeps best when stored in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:46.05, Glycemic Load:23.19, Inflammation Score:-6, Nutrition Score:12.65913044888%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg, Quercetin: 8.14mg

8.14mg, Quercetin: 8.14mg

Nutrients (% of daily need)

Calories: 266.06kcal (13.3%), Fat: 7.01g (10.79%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 44.64g (14.88%), Net Carbohydrates: 40.22g (14.63%), Sugar: 2.25g (2.5%), Cholesterol: 0mg (0%), Sodium: 763.81mg (33.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.85%), Vitamin K: 63.57µg (60.54%), Manganese: 0.85mg (42.55%), Fiber: 4.42g (17.68%), Selenium: 12.37µg (17.67%), Vitamin B1: 0.24mg (15.72%), Magnesium: 60.33mg (15.08%), Phosphorus: 147.46mg (14.75%), Copper: 0.28mg (13.8%), Vitamin C: 10.75mg (13.03%), Vitamin B6: 0.2mg (9.83%), Vitamin B3: 1.8mg (9%), Iron: 1.48mg (8.24%), Vitamin B5: 0.78mg (7.83%), Potassium: 258.95mg (7.4%), Zinc: 1.1mg (7.31%), Folate: 28.17µg (7.04%), Vitamin A: 318.11IU (6.36%), Calcium: 60.95mg (6.1%), Vitamin B2: 0.08mg (4.67%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.42mg (2.78%)