



Corn and Pecan Pilaf

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



129 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup whole-kernel corn frozen thawed
- 0.5 teaspoon basil dried
- 0.3 cup parsley fresh finely chopped
- 0.5 cup brown rice instant uncooked (such as Uncle Ben's)
- 1 cup onion chopped (1 medium)
- 0.3 cup pecans toasted chopped
- 0.5 teaspoon salt
- 2 teaspoons yogurt-based spread (such as Brummel & Brown)

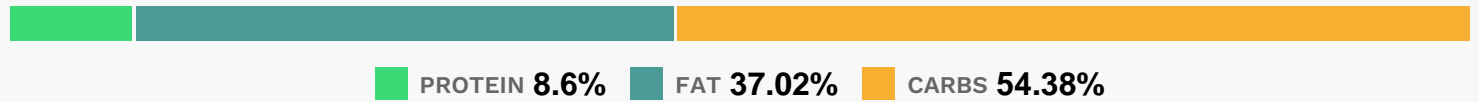
Equipment

frying pan

Directions

- Cook rice according to package directions, omitting salt and fat.
- Meanwhile, coat a large nonstick skillet with cooking spray; add onion, and cook 5 to 6 minutes or until brown.
- Add corn and basil; cook 2 minutes, stirring constantly.
- Remove from heat; add rice, parsley, pecans, yogurt-based spread, and salt. Toss gently.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:0.94, Inflammation Score:-6, Nutrition Score:9.9678260462925%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 129.06kcal (6.45%), Fat: 5.6g (8.61%), Saturated Fat: 0.62g (3.89%), Carbohydrates: 18.49g (6.16%), Net Carbohydrates: 16.13g (5.86%), Sugar: 3.57g (3.96%), Cholesterol: 0.52mg (0.17%), Sodium: 361.13mg (15.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.85%), Vitamin K: 84.56µg (80.53%), Manganese: 0.52mg (26.01%), Folate: 58.31µg (14.58%), Vitamin C: 10.2mg (12.36%), Vitamin B1: 0.18mg (11.99%), Fiber: 2.37g (9.46%), Vitamin A: 444.54IU (8.89%), Iron: 1.44mg (8.02%), Copper: 0.14mg (6.86%), Selenium: 4.74µg (6.77%), Phosphorus: 64.34mg (6.43%), Vitamin B3: 1.26mg (6.31%), Magnesium: 21.62mg (5.41%), Zinc: 0.72mg (4.77%),

Potassium: 167.07mg (4.77%), Vitamin B6: 0.09mg (4.71%), Vitamin B2: 0.06mg (3.65%), Calcium: 31.98mg (3.2%),
Vitamin B5: 0.3mg (3%), Vitamin E: 0.19mg (1.26%)