



Curried Sweet Potato-Apple Pilaf



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



335 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons currants
- ☐ 0.8 teaspoon curry powder
- ☐ 1 garlic clove minced
- ☐ 1 cup apples i use 2 granny smith apples cubed peeled
- ☐ 0.3 cup green onions chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1.5 teaspoons olive oil
- ☐ 0.3 cup peas green frozen

- ☐ 0.5 cup rice long-grain uncooked
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sweet potatoes and into diced peeled
- ☐ 1 cup water

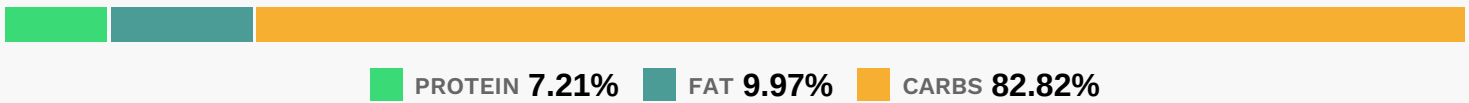
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a medium saucepan over medium-high heat.
- ☐ Add onions and garlic; saut 1 minute. Stir in rice; saut 1 minute.
- ☐ Add water and sweet potato; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is almost absorbed. Stir in apple and remaining ingredients; cover and simmer 3 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:146.26, Glycemic Load:32.71, Inflammation Score:-10, Nutrition Score:16.363478163014%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 334.69kcal (16.73%), Fat: 3.79g (5.82%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 70.75g (23.58%), Net Carbohydrates: 64.97g (23.63%), Sugar: 19.12g (21.24%), Cholesterol: 0mg (0%), Sodium: 334.82mg (14.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.32%), Vitamin A: 6611.43IU (132.23%), Manganese: 0.88mg (43.94%), Vitamin K: 35.69µg (33.99%), Fiber: 5.78g (23.13%), Vitamin C: 14.84mg (17.98%), Copper: 0.31mg (15.33%), Vitamin B6: 0.31mg (15.31%), Potassium: 491.36mg (14.04%), Phosphorus: 127.36mg (12.74%), Selenium: 8.12µg (11.61%), Iron: 2.05mg (11.37%), Magnesium: 44.95mg (11.24%), Vitamin B1: 0.16mg (10.98%), Vitamin B5: 0.91mg (9.06%), Vitamin B3: 1.79mg (8.95%), Folate: 32.98µg (8.25%), Vitamin B2: 0.13mg (7.45%), Zinc: 1.08mg (7.17%), Calcium: 71.45mg (7.14%), Vitamin E: 1mg (6.68%)