



Easy Spiced Basmati Pilaf



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



691 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups rice
- ☐ 2 bay leaves
- ☐ 2 tablespoons canola oil
- ☐ 3 cardamom pods
- ☐ 2 inch cinnamon
- ☐ 2 teaspoons fennel seeds
- ☐ 2 servings kosher salt
- ☐ 1 cup onion red sliced (1 medium)

- ☐ 1 star anise
- ☐ 1 teaspoon sugar
- ☐ 3 cups water (the level of water should be an inch above the rice level)

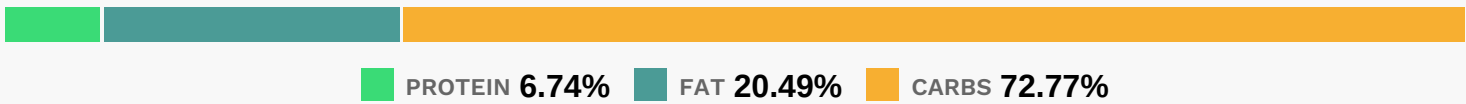
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat oil in a Heavy-bottomed [lidded] saucepan over medium heat until shimmering.
- ☐ Add onion and cook, stirring, until golden brown and soft, about 8 minutes.
- ☐ Add the sugar just when the onions start to caramelize to give the oil a nice brown. Reduce heat to medium-low.
- ☐ Add the bay leaves, cardamom, cinnamon, clove, and star anise and keep stirring until fragrant, about 5 minutes.
- ☐ Add the fennel seeds and stir for 1 minute.
- ☐ Add the rice and stir carefully so that the rice doesn't stick to the pan. The oil will be tinged brown with the onions and this will coat the rice as you stir it. Stir for 1 minute.
- ☐ Add a pinch of salt and water and stir once. Bring to a boil, reduce heat to lowest setting, cover, and cook until the rice absorbs all the water, about 20 minutes.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:86.64, Glycemic Load:69.9, Inflammation Score:-5, Nutrition Score:15.783043459706%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 690.6kcal (34.53%), Fat: 15.6g (24%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 124.63g (41.54%), Net Carbohydrates: 119.2g (43.34%), Sugar: 5.58g (6.2%), Cholesterol: 0mg (0%), Sodium: 224.19mg (9.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.55g (23.09%), Manganese: 2.78mg (138.92%), Selenium: 21.42µg (30.6%), Copper: 0.43mg (21.74%), Fiber: 5.43g (21.72%), Phosphorus: 200.8mg (20.08%), Vitamin E: 2.64mg (17.61%), Vitamin B6: 0.35mg (17.32%), Magnesium: 62.38mg (15.6%), Vitamin B5: 1.51mg (15.13%), Zinc: 2.03mg (13.54%), Iron: 2.38mg (13.23%), Vitamin B3: 2.5mg (12.49%), Calcium: 117.53mg (11.75%), Vitamin K: 10.75µg (10.24%), Potassium: 355.94mg (10.17%), Vitamin B1: 0.15mg (10%), Vitamin C: 7.16mg (8.68%), Folate: 26.59µg (6.65%), Vitamin B2: 0.1mg (6.16%)