



Eggplant Pilaf with Pistachios and Cinnamon



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



269 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 cup rice white



0.8 teaspoon cinnamon



0.3 cup currants dried



0.5 pound eggplant cut into 1/2-inch cubes



0.3 cup optional: dill fresh chopped



0.3 cup olive oil extra virgin extra-virgin



2 medium onion finely chopped



0.3 cup pistachios shelled coarsely chopped

- ☐ 2 tablespoons salt
- ☐ 1 large tomatoes peeled seeded finely chopped
- ☐ 1.5 cups water

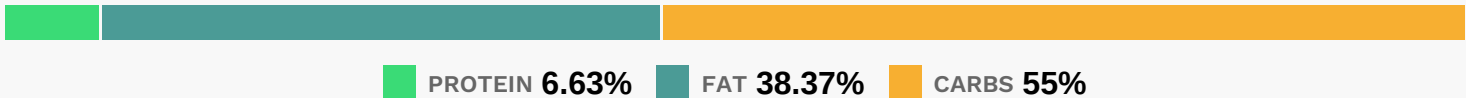
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ microwave

Directions

- ☐ Cover eggplant with water in a bowl and add 1 1/2 tablespoons salt. Soak 30 minutes.
- ☐ Drain eggplant and squeeze handfuls to remove excess moisture, then pat dry.
- ☐ Heat 2 tablespoons oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then sauté eggplant, stirring occasionally, until tender and browned, about 7 minutes. Cool eggplant.
- ☐ Cook onions in remaining 2 tablespoons oil in a 3- to 4-quart heavy saucepan over moderate heat, stirring, until softened.
- ☐ Add rice and cook, stirring, 2 minutes.
- ☐ Add 1 1/2 cups water, raisins, remaining 1/2 tablespoon salt, and cinnamon and bring to a boil. Reduce heat to low and cook, covered and undisturbed, until rice is tender, about 12 minutes.
- ☐ Fluff rice with a fork and gently stir in tomato and eggplant.
- ☐ Let stand, covered, 5 minutes. Uncover and cool 10 minutes. Stir in dill, then transfer pilaf to a serving bowl or platter and sprinkle with pistachios.
- ☐ Pilaf can be made 1 day ahead and chilled, covered. Reheat in the microwave.

Nutrition Facts



Properties

Glycemic Index:36.53, Glycemic Load:17.5, Inflammation Score:-6, Nutrition Score:8.4065217764481%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg 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: 2.69mg, Isorhamnetin: 2.69mg, Isorhamnetin: 2.69mg, Isorhamnetin: 2.69mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.79mg, Quercetin: 8.79mg, Quercetin: 8.79mg, Quercetin: 8.79mg

Nutrients (% of daily need)

Calories: 269.34kcal (13.47%), Fat: 11.73g (18.05%), Saturated Fat: 1.63g (10.16%), Carbohydrates: 37.85g (12.62%), Net Carbohydrates: 34.36g (12.49%), Sugar: 7.86g (8.73%), Cholesterol: 0mg (0%), Sodium: 2337.75mg (101.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.12%), Manganese: 0.67mg (33.45%), Fiber: 3.49g (13.95%), Vitamin B6: 0.26mg (12.97%), Vitamin C: 9.94mg (12.05%), Vitamin E: 1.74mg (11.63%), Copper: 0.23mg (11.51%), Potassium: 362.69mg (10.36%), Phosphorus: 94.95mg (9.49%), Vitamin K: 9.59µg (9.13%), Vitamin A: 439.63IU (8.79%), Vitamin B1: 0.12mg (7.99%), Selenium: 5.37µg (7.67%), Magnesium: 30.24mg (7.56%), Folate: 28.47µg (7.12%), Vitamin B3: 1.16mg (5.8%), Iron: 1.03mg (5.7%), Vitamin B5: 0.53mg (5.29%), Zinc: 0.68mg (4.53%), Calcium: 44.05mg (4.4%), Vitamin B2: 0.07mg (3.96%)