



Fig, Carrot, and Ginger Rice Pilaf



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



9 min.

SERVINGS



4

CALORIES



162 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup matchstick-cut carrots
- 8.8 ounce microwaveable brown rice cooked (such as Uncle Ben's Ready Rice)
- 0.5 cup figs dried quartered
- 1 tablespoon ginger fresh minced peeled
- 2 garlic cloves minced
- 1 tablespoon olive oil

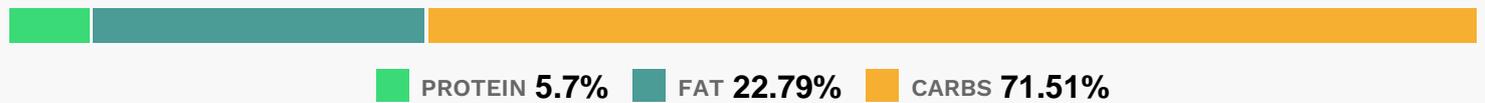
Equipment

- frying pan

Directions

- Heat rice according to package directions; keep warm.
- While rice cooks, heat oil in a large nonstick skillet over medium-high heat; add carrots, ginger, and garlic. Saut 3 minutes or until browned.
- Add figs; saut 2 minutes or until hot.
- Remove from heat; stir in rice.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.05, Glycemic Load:10.37, Inflammation Score:-10, Nutrition Score:10.411304541256%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 162kcal (8.1%), Fat: 4.25g (6.54%), Saturated Fat: 0.63g (3.91%), Carbohydrates: 30.01g (10%), Net Carbohydrates: 26.07g (9.48%), Sugar: 10.49g (11.65%), Cholesterol: 0mg (0%), Sodium: 28mg (1.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.79%), Vitamin A: 4414.8IU (88.3%), Manganese: 0.86mg (42.83%), Fiber: 3.94g (15.77%), Magnesium: 44.43mg (11.11%), Vitamin B6: 0.17mg (8.38%), Vitamin K: 8.05µg (7.66%), Potassium: 265.07mg (7.57%), Phosphorus: 72.35mg (7.24%), Copper: 0.14mg (7.22%), Vitamin B1: 0.09mg (6.17%), Iron: 1.05mg (5.83%), Vitamin B3: 1.15mg (5.73%), Calcium: 49.68mg (4.97%), Vitamin B5: 0.47mg (4.66%), Zinc: 0.59mg (3.92%), Vitamin E: 0.58mg (3.85%), Folate: 13.05µg (3.26%), Vitamin B2: 0.04mg (2.15%), Vitamin C: 1.61mg (1.95%)