



Fruit and Nut Rice Pilaf

READY IN



21 min.

SERVINGS



8

CALORIES



300 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 rib celery diced
- ☐ 0.5 cup chicken broth
- ☐ 0.3 cup flat-leaf parsley chopped
- ☐ 7 oz fruit bits dried
- ☐ 1 medium onion diced
- ☐ 0.3 teaspoon pepper
- ☐ 17.6 oz microwave-ready and rice long grain wild with uncle ben's)
- ☐ 1 cup walnuts toasted chopped

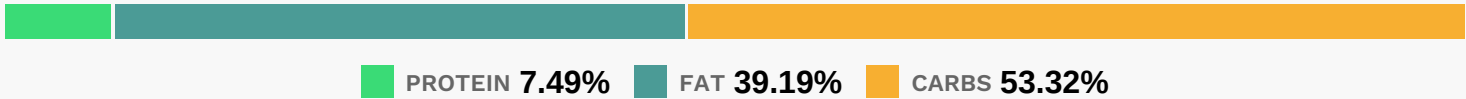
Equipment

☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add onion and celery, and saut 5 minutes or until tender.
- ☐ Add broth and fruit; bring to a boil. Cover; reduce heat, and cook 5 minutes or until fruit is softened. Stir in rice; cook, stirring often, 4 minutes or until rice is heated. Stir in walnuts, parsley, and pepper.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:4.68, Inflammation Score:-7, Nutrition Score:9.220434817283%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 299.53kcal (14.98%), Fat: 13.66g (21.02%), Saturated Fat: 2.99g (18.7%), Carbohydrates: 41.82g (13.94%), Net Carbohydrates: 37.1g (13.49%), Sugar: 13.93g (15.48%), Cholesterol: 7.82mg (2.61%), Sodium: 370.97mg (16.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.75%), Vitamin K: 35.49µg (33.8%), Manganese: 0.66mg (33.08%), Vitamin A: 1001.28IU (20.03%), Fiber: 4.72g (18.9%), Copper: 0.31mg (15.75%), Magnesium: 42.64mg (10.66%), Potassium: 338.46mg (9.67%), Vitamin B1: 0.13mg (8.48%), Phosphorus: 73.88mg (7.39%), Calcium: 72.05mg (7.21%), Iron: 1.28mg (7.11%), Folate: 26.22µg (6.56%), Vitamin B6: 0.12mg (6.17%), Vitamin B3: 1.19mg (5.96%), Vitamin C: 4.61mg (5.58%), Vitamin B2: 0.09mg (5.4%), Zinc: 0.67mg (4.49%), Vitamin B5: 0.22mg (2.22%), Vitamin E: 0.3mg (1.98%), Selenium: 1.03µg (1.48%)