



 **2%**
HEALTH SCORE

Fruited Basmati Pilaf with Pistachios

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



216 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups rice uncooked
- 1 bay leaves
- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons butter
- 1 stick cinnamon (1-inch)
- 0.8 teaspoon fennel seeds crushed
- 0.8 cup golden raisins
- 0.1 teaspoon ground cardamom

- 0.8 cup peas green frozen
- 0.5 cup pistachios toasted chopped
- 0.1 teaspoon saffron threads crushed
- 1.5 teaspoons salt
- 1 cup shallots thinly sliced
- 2.5 cups water

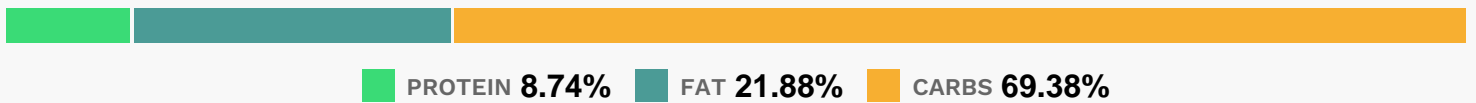
Equipment

- frying pan
- sauce pan

Directions

- Melt butter in a large nonstick skillet over medium-high heat.
- Add shallots, and saut 8 minutes or until golden brown.
- Remove from heat.
- Combine water and rice in a medium saucepan over medium-high heat; bring to a boil. Stir in green peas and the next 8 ingredients (through bay leaf); cover, reduce heat, and simmer 20 minutes or until liquid is absorbed and rice is tender. Discard cinnamon stick and bay leaf. Stir in shallots and pistachios.

Nutrition Facts



Properties

Glycemic Index:37.22, Glycemic Load:19.6, Inflammation Score:-3, Nutrition Score:6.9769565217391%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol:

0.3mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 216.23kcal (10.81%), Fat: 5.39g (8.3%), Saturated Fat: 1.86g (11.64%), Carbohydrates: 38.49g (12.83%), Net Carbohydrates: 35.41g (12.88%), Sugar: 9.43g (10.48%), Cholesterol: 6.02mg (2.01%), Sodium: 376.11mg (16.35%), Protein: 4.85g (9.69%), Manganese: 0.61mg (30.46%), Vitamin B6: 0.29mg (14.35%), Fiber: 3.07g (12.3%), Copper: 0.23mg (11.69%), Phosphorus: 102.26mg (10.23%), Vitamin C: 6.99mg (8.47%), Potassium: 287.45mg (8.21%), Vitamin B1: 0.12mg (7.86%), Selenium: 5.22µg (7.46%), Magnesium: 28.34mg (7.09%), Iron: 1.17mg (6.53%), Folate: 20.93µg (5.23%), Zinc: 0.73mg (4.84%), Vitamin B3: 0.94mg (4.69%), Vitamin B5: 0.41mg (4.14%), Calcium: 39.83mg (3.98%), Vitamin B2: 0.07mg (3.83%), Vitamin A: 181.77IU (3.64%), Vitamin K: 3.68µg (3.51%), Vitamin E: 0.28mg (1.88%)