



Hazelnut-Mushroom Pilaf

READY IN



40 min.

SERVINGS



6

CALORIES



223 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup celery minced
- ☐ 2 cups chicken broth
- ☐ 0.3 teaspoon marjoram dried
- ☐ 0.5 cup mushrooms fresh sliced
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 cup hazelnuts toasted chopped
- ☐ 0.5 cup onion chopped

- ☐ 0.3 cup orzo pasta uncooked
- ☐ 0.5 cup rice long-grain uncooked

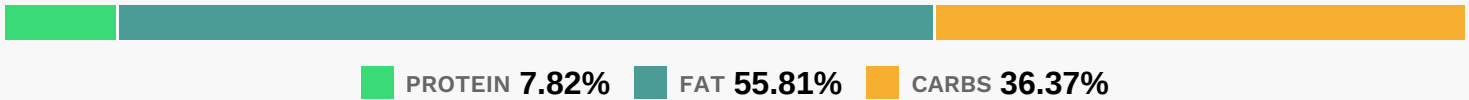
Equipment

- ☐ frying pan

Directions

- ☐ Place a large skillet over medium-low heat. Melt butter, then saute rice, orzo, mushrooms, onion, and celery. Stir constantly until rice is lightly browned.
- ☐ Mix in chicken broth, parsley, marjoram, pepper, and hazelnuts. Bring to a boil, then reduce heat to low, cover skillet, and allow to simmer 15 minutes.
- ☐ Remove from heat and let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:53.86, Glycemic Load:9.78, Inflammation Score:-4, Nutrition Score:8.4199999382962%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 2.99mg, Apigenin: 2.99mg, Apigenin: 2.99mg, Apigenin: 2.99mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 223.16kcal (11.16%), Fat: 14.17g (21.8%), Saturated Fat: 5.38g (33.61%), Carbohydrates: 20.78g (6.93%), Net Carbohydrates: 18.97g (6.9%), Sugar: 1.75g (1.95%), Cholesterol: 21.9mg (7.3%), Sodium: 357.65mg (15.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.94%), Manganese: 0.92mg (45.84%), Vitamin K: 25.42µg (24.21%), Copper: 0.27mg (13.55%), Vitamin E: 1.8mg (12%), Selenium: 7.76µg (11.08%), Phosphorus:

76.62mg (7.66%), Vitamin B1: 0.11mg (7.49%), Vitamin A: 372.2IU (7.44%), Fiber: 1.81g (7.24%), Magnesium: 27.78mg (6.94%), Vitamin B2: 0.11mg (6.57%), Vitamin B6: 0.12mg (5.98%), Folate: 21.4µg (5.35%), Vitamin B3: 1.04mg (5.22%), Potassium: 180.44mg (5.16%), Iron: 0.9mg (5.01%), Vitamin C: 3.69mg (4.47%), Vitamin B5: 0.45mg (4.46%), Zinc: 0.65mg (4.33%), Calcium: 29.71mg (2.97%)