

Holiday Rice Pilaf

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



131 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 garlic cloves minced
- ☐ 0.8 cup green onions sliced
- ☐ 31.5 ounce low-salt chicken broth canned
- ☐ 1 tablespoon butter
- ☐ 8 ounces mushrooms sliced
- ☐ 0.3 cup pecans toasted chopped
- ☐ 1 cup bell pepper red chopped
- ☐ 12 ounce rice blend wild (such as Uncle Ben's)

☐ 0.5 teaspoon salt

Equipment

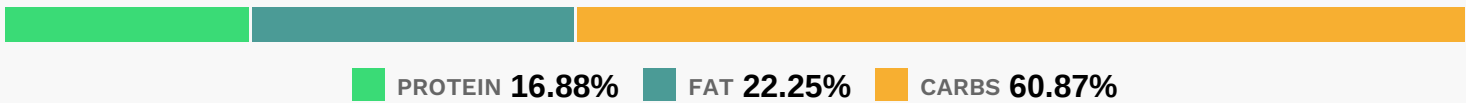
☐ frying pan

☐ sauce pan

Directions

- ☐ Melt margarine in a large nonstick skillet over medium-high heat.
- ☐ Add mushrooms, bell pepper, onions, and garlic; saut 5 minutes or until vegetables are tender. Set aside; keep warm.
- ☐ Combine salt and broth in a large saucepan; bring to a boil.
- ☐ Add rice; cover, reduce heat, and simmer 25 minutes or until liquid is absorbed. Stir in mushroom mixture; cook 1 minute or until thoroughly heated. Stir in pecans.

Nutrition Facts



Properties

Glycemic Index:13.71, Glycemic Load:9.73, Inflammation Score:-5, Nutrition Score:8.6282608029635%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 130.76kcal (6.54%), Fat: 3.42g (5.26%), Saturated Fat: 0.5g (3.1%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 18.75g (6.82%), Sugar: 1.69g (1.88%), Cholesterol: 0mg (0%), Sodium: 115.49mg (5.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.67%), Manganese: 0.48mg (23.76%), Vitamin C: 15.13mg (18.34%), Vitamin B3: 3.26mg (16.3%), Phosphorus: 151.11mg (15.11%), Magnesium: 50.73mg (12.68%), Copper: 0.25mg (12.51%),

Zinc: 1.77mg (11.78%), Vitamin K: 12.17µg (11.59%), Vitamin B2: 0.17mg (9.73%), Fiber: 2.29g (9.16%), Folate: 34.76µg (8.69%), Vitamin A: 428.52IU (8.57%), Vitamin B6: 0.16mg (8.17%), Potassium: 260.17mg (7.43%), Vitamin B5: 0.57mg (5.67%), Iron: 0.89mg (4.94%), Vitamin B1: 0.07mg (4.52%), Selenium: 2.39µg (3.41%), Vitamin E: 0.47mg (3.11%), Calcium: 15.69mg (1.57%), Vitamin B12: 0.07µg (1.19%)