



Home-Style Brown Rice Pilaf

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



397 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 servings pepper black freshly ground
- 0.8 cup brown rice uncooked
- 3 tablespoons butter
- 2 carrots sliced
- 0.3 cup cashew pieces chopped
- 1 cup chickpeas
- 2 eggs beaten
- 2 cups mushrooms fresh sliced

- 0.3 cup parsley fresh chopped
- 1 clove garlic minced
- 1.5 cups onion chopped
- 0.5 teaspoon salt
- 1.5 cups water

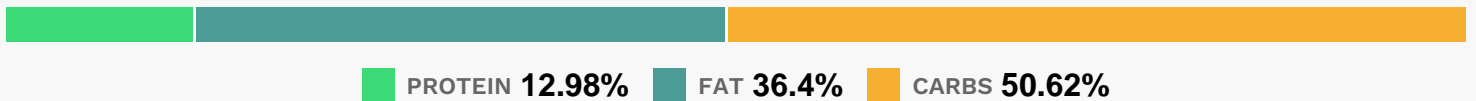
Equipment

- frying pan
- pot

Directions

- Bring 1-1/2 cups water to boil, add rice. Bring contents back to a boil, cover the pot and simmer for 45-50 minutes, or until rice is tender.
- Approximately 20 minutes before rice is finished cooking heat the butter in a large skillet over medium heat. Stir in onions and saute them, stirring frequently until they soften.
- Add the garlic and carrots and continue stirring for 5 minutes.
- Place mushrooms inside of skillet and cook until mushrooms begin to brown, about 10 minutes.
- Add the chickpeas and cook 1 more minute.
- When the rice is finished cooking pour the eggs into the skillet and cook the mixture, stirring constantly until the eggs are cooked.
- Remove the skillet from the heat, stir in pepper, parsley, and nuts.
- Spoon the cooked rice into the skillet and stir well.
- Serve the pilaf hot with soy sauce on the side for added flavor.

Nutrition Facts



Properties

Glycemic Index:89.88, Glycemic Load:20.54, Inflammation Score:-10, Nutrition Score:27.988260942957%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 12.27mg, Quercetin: 12.27mg, Quercetin: 12.27mg, Quercetin: 12.27mg

Nutrients (% of daily need)

Calories: 397.32kcal (19.87%), Fat: 16.49g (25.37%), Saturated Fat: 7.08g (44.25%), Carbohydrates: 51.62g (17.21%), Net Carbohydrates: 44.5g (16.18%), Sugar: 7.51g (8.35%), Cholesterol: 104.42mg (34.8%), Sodium: 427.23mg (18.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.23g (26.46%), Vitamin A: 5805.31IU (116.11%), Manganese: 2.07mg (103.55%), Vitamin K: 71.13µg (67.75%), Phosphorus: 329.66mg (32.97%), Copper: 0.65mg (32.46%), Folate: 121.41µg (30.35%), Magnesium: 114.12mg (28.53%), Fiber: 7.11g (28.45%), Vitamin B6: 0.49mg (24.33%), Vitamin B2: 0.38mg (22.44%), Vitamin B1: 0.33mg (21.97%), Selenium: 14.89µg (21.27%), Vitamin B3: 4.01mg (20.07%), Vitamin B5: 1.96mg (19.64%), Iron: 3.47mg (19.26%), Potassium: 663.89mg (18.97%), Zinc: 2.59mg (17.27%), Vitamin C: 13.04mg (15.81%), Calcium: 84.79mg (8.48%), Vitamin E: 0.94mg (6.26%), Vitamin B12: 0.23µg (3.88%), Vitamin D: 0.54µg (3.57%)