

## Indian Rice Pilaf



Vegetarian



Gluten Free



Dairy Free

READY IN



34 min.

SERVINGS



7

CALORIES



144 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 0.1 teaspoon ground bay leaves
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper
- ☐ 2 cups no-salt-added chicken broth canned
- ☐ 0.5 cup raisins
- ☐ 1 cup rice long-grain uncooked

- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vegetable oil

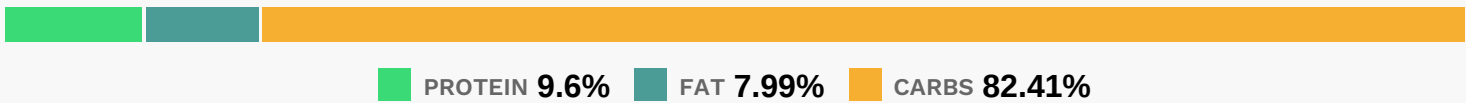
## Equipment

- ☐ sauce pan

## Directions

- ☐ Cook rice in oil in a medium saucepan over medium-high heat, stirring constantly, 3 to 4 minutes or until golden.
- ☐ Add salt and next 5 ingredients; stir well. Cook, stirring constantly, 1 minute.
- ☐ Add raisins and chicken broth; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until rice is tender and liquid is absorbed.
- ☐ Let stand 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:23.14, Glycemic Load:17.09, Inflammation Score:-1, Nutrition Score:3.4265217326743%

## Nutrients (% of daily need)

Calories: 144.23kcal (7.21%), Fat: 1.3g (2%), Saturated Fat: 0.29g (1.8%), Carbohydrates: 30.2g (10.07%), Net Carbohydrates: 29.09g (10.58%), Sugar: 0.12g (0.14%), Cholesterol: 0mg (0%), Sodium: 107.74mg (4.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.04%), Manganese: 0.35mg (17.74%), Vitamin B3: 1.47mg (7.34%), Copper: 0.13mg (6.29%), Phosphorus: 58.92mg (5.89%), Selenium: 4.06µg (5.81%), Potassium: 176.6mg (5.05%), Fiber: 1.11g (4.42%), Iron: 0.68mg (3.8%), Vitamin B6: 0.07mg (3.52%), Vitamin B2: 0.05mg (3.09%), Vitamin B5: 0.27mg (2.74%), Magnesium: 10.89mg (2.72%), Zinc: 0.38mg (2.53%), Vitamin B1: 0.03mg (2.05%), Calcium: 14.63mg (1.46%), Vitamin K: 1.39µg (1.32%), Vitamin B12: 0.07µg (1.12%)