



Kalijira Pilaf with Pine Nuts

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



210 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon butter
- 1.3 cups fat-skimmed chicken broth
- 0.5 teaspoon fresh-grated nutmeg
- 0.3 cup orange juice
- 1 teaspoon orange peel grated
- 0.3 cup pinenuts
- 1 cup kalijira rice
- 5 servings salt

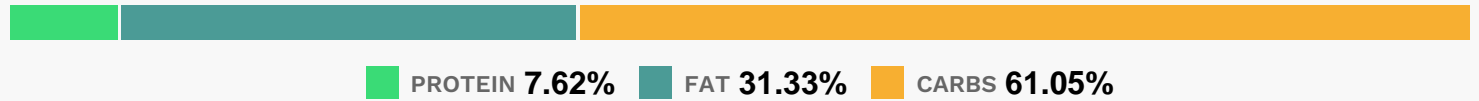
Equipment

- frying pan
- sieve

Directions

- Pour 1 cup Kalijira rice into a fine strainer. Rinse with cool water, draining often, until water is clear.
- Meanwhile, in a 2- to 3-quart pan over medium-high heat, stir 1 tablespoon butter or margarine with 1/4 cup pine nuts until butter begins to brown, about 3 minutes.
- Add rice and stir until a few grains are lightly toasted, about 2 minutes.
- Add 1 1/4 cups fat-skimmed chicken broth, 1/2 teaspoon fresh-grated nutmeg, and 1 teaspoon grated orange peel. Stir and bring to a boil, then reduce heat, cover, and simmer slowly until rice is tender to bite, 8 to 10 minutes.
- Add 1/4 cup orange juice, stir, and season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:36.64, Glycemic Load:18.5, Inflammation Score:-3, Nutrition Score:6.5878260653952%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 209.9kcal (10.49%), Fat: 7.31g (11.25%), Saturated Fat: 0.92g (5.75%), Carbohydrates: 32.06g (10.69%), Net Carbohydrates: 31.22g (11.35%), Sugar: 1.47g (1.63%), Cholesterol: 0mg (0%), Sodium: 454.45mg (19.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8%), Manganese: 1.01mg (50.55%), Selenium: 6.9µg (9.86%), Copper: 0.19mg (9.47%), Phosphorus: 90.87mg (9.09%), Vitamin C: 6.81mg (8.25%), Magnesium: 28.67mg (7.17%), Vitamin B3: 1.26mg (6.31%), Zinc: 0.86mg (5.75%), Vitamin E: 0.76mg (5.09%), Vitamin B5: 0.49mg (4.92%), Vitamin B1: 0.07mg (4.47%), Iron: 0.78mg (4.36%), Vitamin B6: 0.08mg (4.06%), Potassium: 127.44mg (3.64%), Vitamin K:

3.69µg (3.51%), Fiber: 0.84g (3.36%), Vitamin B2: 0.05mg (2.98%), Vitamin A: 128.8IU (2.58%), Folate: 9.84µg (2.46%), Vitamin B12: 0.12µg (1.94%), Calcium: 17.05mg (1.7%)