



Kasha Pilaf



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



237 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 teaspoons butter
- ☐ 1 tablespoon teaspoon dill dried fresh chopped
- ☐ 1 large eggs lightly beaten
- ☐ 15.8 ounce less-sodium chicken broth fat-free canned
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 1 cup kasha uncooked (buckwheat groats)

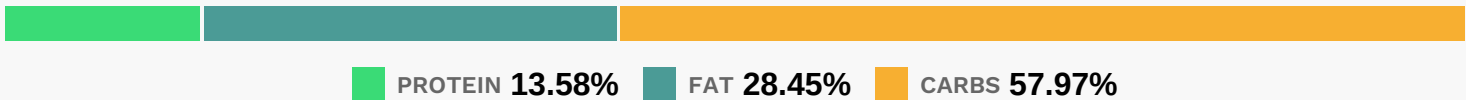
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine kasha and egg in a small bowl; stir well.
- ☐ Heat oil and butter in a large saucepan over medium heat.
- ☐ Add onion; cook 5 minutes or until soft.
- ☐ Add kasha mixture; cook 1 minute. Stir in salt and broth; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until kasha is tender.
- ☐ Remove from heat; fluff with a fork. Stir in dill.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:14.83, Inflammation Score:-6, Nutrition Score:11.32304347598%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg, Isorhamnetin: 3.05mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 18.77mg, Quercetin: 18.77mg, Quercetin: 18.77mg, Quercetin: 18.77mg

Nutrients (% of daily need)

Calories: 236.54kcal (11.83%), Fat: 7.91g (12.16%), Saturated Fat: 2.18g (13.61%), Carbohydrates: 36.25g (12.08%), Net Carbohydrates: 30.97g (11.26%), Sugar: 2.76g (3.07%), Cholesterol: 50.53mg (16.84%), Sodium: 634.66mg (27.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.49g (16.98%), Manganese: 0.65mg (32.37%), Magnesium: 106.89mg (26.72%), Copper: 0.52mg (26.07%), Fiber: 5.27g (21.09%), Phosphorus: 202.42mg (20.24%), Vitamin B3: 3.69mg (18.44%), Vitamin B2: 0.28mg (16.37%), Selenium: 10.14µg (14.49%), Vitamin B6: 0.2mg (9.92%), Potassium: 335.09mg (9.57%), Vitamin B5: 0.93mg (9.26%), Zinc: 1.31mg (8.72%), Iron: 1.46mg (8.13%), Folate: 31.35µg (7.84%), Vitamin B12: 0.34µg (5.63%), Vitamin B1: 0.08mg (5.57%), Vitamin C: 4.53mg (5.48%), Vitamin E: 0.69mg (4.61%), Calcium: 33.7mg (3.37%), Vitamin A: 123.27IU (2.47%), Vitamin K: 2.52µg (2.4%),

Vitamin D: 0.25µg (1.67%)