



 **26%**
HEALTH SCORE

Kenyan Pilau

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 peppercorns whole black
- 4 cardamom pods
- 4 cinnamon sticks
- 4 teaspoons cumin seeds
- 2 cloves garlic
- 0.5 teaspoon ginger
- 1 pound goat meat
- 1 small onion

- 1.5 cups rice canned (you can use basmati rice)
- 4 servings salt to taste
- 1 cup shrimp
- 2 small tomatoes
- 1 vegetable oil

Equipment

Directions

- Season and boil the meat and set aside.Chop and crush all the spices and set aside.
- Heat up the oil and sauté the onions till its golden brown.
- Add the meat and allow to brown a little then add the spices, and the rice and the chopped tomatoes.
- Add the shrimps and add 2 cups of water and reduce the heat and allow to steam.Consistently check it to make sure the water has dried and the rice is soft. Once the rice is soft, increase the heat and stir it to let all the spices be absorbed in the rice.
- Serve with Kachumbari or any other salad.

Nutrition Facts



Properties

Glycemic Index:54.55, Glycemic Load:34.49, Inflammation Score:-6, Nutrition Score:24.409565217391%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Taste

Sweetness: 100%, Saltiness: 33.08%, Sourness: 56.89%, Bitterness: 29.19%, Savoriness: 25.77%, Fattiness: 75.31%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 475.22kcal (23.76%), Fat: 4.69g (7.22%), Saturated Fat: 0.95g (5.91%), Carbohydrates: 64.55g (21.52%), Net Carbohydrates: 60.11g (21.86%), Sugar: 2.16g (2.4%), Cholesterol: 167.8mg (55.93%), Sodium: 406.54mg (17.68%), Protein: 42.32g (84.65%), Manganese: 2.14mg (107.13%), Selenium: 47.28µg (67.55%), Vitamin B3: 13.4mg (67.01%), Vitamin B6: 1.06mg (52.93%), Phosphorus: 478.8mg (47.88%), Potassium: 870.53mg (24.87%), Copper: 0.49mg (24.58%), Vitamin B5: 2.4mg (24.05%), Magnesium: 88.94mg (22.24%), Iron: 3.38mg (18.77%), Fiber: 4.44g (17.74%), Zinc: 2.64mg (17.62%), Calcium: 136.19mg (13.62%), Vitamin C: 10.08mg (12.21%), Vitamin B1: 0.17mg (11.1%), Vitamin B2: 0.17mg (10.25%), Vitamin A: 449.79IU (9%), Vitamin K: 5.81µg (5.53%), Folate: 20.74µg (5.18%), Vitamin E: 0.71mg (4.75%), Vitamin B12: 0.23µg (3.78%)