



Macadamia Nut-Rice Pilaf

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



328 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 garlic cloves minced
- 0.3 cup green onions thinly sliced
- 0.7 cup jasmine long-grain uncooked
- 2 tablespoons macadamia nuts toasted chopped
- 1 teaspoon olive oil
- 0.3 teaspoon salt
- 1.7 cups water

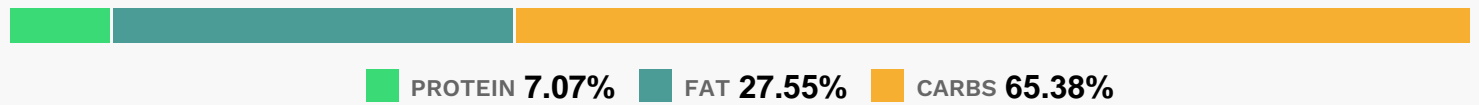
Equipment

sauce pan

Directions

- Heat oil in a medium saucepan over medium-high heat.
- Add the rice, and saute 2 minutes.
- Add garlic, and saut 2 minutes. Gradually stir in water and salt; bring to a boil. Cover, reduce heat, and cook over medium-low heat 13 minutes or until liquid is absorbed.
- Remove from heat; fluff with a fork. Stir in sliced green onions and macadamia nuts.

Nutrition Facts



Properties

Glycemic Index:66.59, Glycemic Load:30.48, Inflammation Score:-3, Nutrition Score:9.5656521838644%

Flavonoids

Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 327.5kcal (16.38%), Fat: 10.04g (15.44%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 53.59g (17.86%), Net Carbohydrates: 51.48g (18.72%), Sugar: 0.88g (0.98%), Cholesterol: 0mg (0%), Sodium: 307.19mg (13.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.8g (11.6%), Manganese: 1.21mg (60.26%), Vitamin K: 27.24µg (25.95%), Selenium: 10.6µg (15.14%), Copper: 0.27mg (13.57%), Vitamin B1: 0.18mg (12.1%), Vitamin B6: 0.21mg (10.53%), Phosphorus: 103.52mg (10.35%), Magnesium: 34.4mg (8.6%), Fiber: 2.11g (8.45%), Vitamin B5: 0.75mg (7.46%), Vitamin B3: 1.34mg (6.71%), Iron: 1.16mg (6.46%), Zinc: 0.94mg (6.27%), Vitamin C: 4.34mg (5.26%), Calcium: 51.74mg (5.17%), Potassium: 166.36mg (4.75%), Vitamin B2: 0.06mg (3.71%), Folate: 14.21µg (3.55%), Vitamin E: 0.48mg (3.22%), Vitamin A: 125.17IU (2.5%)