



Macadamia Pilaf

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

READY IN



45 min.

SERVINGS



11

CALORIES



302 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.2 lb butter
- 4 cups chicken broth
- 3 cloves garlic minced pressed
- 4 oz roasted macadamia nuts salted coarsely chopped
- 0.5 lb onion chopped
- 2 tablespoons parsley chopped
- 2.7 cups short medium-grain white
- 0.3 teaspoon pepper white

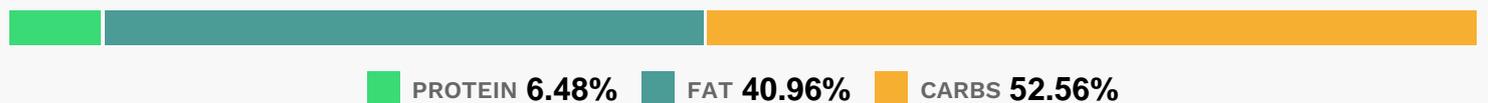
Equipment

- bowl
- frying pan
- oven

Directions

- In a 10- to 12-inch frying pan over medium heat, melt 1 tablespoon butter.
- Add the macadamia nuts and stir until slightly darker brown, about 3 minutes. Scrape from pan into small bowl and set aside.
- Add remaining butter, onion, and garlic to pan. Stir often over medium-high heat until onion is limp, about 5 minutes.
- Add rice and stir often until grains turn opaque, about 5 minutes.
- Add the broth and pepper.
- Heat to a simmer.
- Pour the mixture into a shallow 2 1/2- to 3-quart casserole; cover tightly.
- Bake in a 375 oven until rice is tender to bite, 40 to 45 minutes. Uncover and sprinkle with nuts and parsley.

Nutrition Facts



Properties

Glycemic Index:14.56, Glycemic Load:22.14, Inflammation Score:-4, Nutrition Score:7.5952174728331%

Flavonoids

Apigenin: 1.57mg, Apigenin: 1.57mg, Apigenin: 1.57mg, Apigenin: 1.57mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 302.12kcal (15.11%), Fat: 13.85g (21.31%), Saturated Fat: 2.49g (15.58%), Carbohydrates: 39.99g (13.33%), Net Carbohydrates: 38.12g (13.86%), Sugar: 1.78g (1.98%), Cholesterol: 1.71mg (0.57%), Sodium: 385.98mg (16.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.85%), Manganese: 1mg (49.83%), Vitamin B1: 0.19mg (12.33%), Vitamin K: 12.07µg (11.49%), Selenium: 7.71µg (11.01%), Copper: 0.2mg (10.07%), Phosphorus: 83.69mg (8.37%), Fiber: 1.87g (7.49%), Magnesium: 28.35mg (7.09%), Vitamin B6: 0.14mg (6.91%), Vitamin A: 309.29IU (6.19%), Vitamin B3: 1.2mg (6%), Vitamin B2: 0.1mg (5.82%), Vitamin B5: 0.58mg (5.8%), Iron: 0.91mg (5.04%), Zinc: 0.74mg (4.9%), Potassium: 145.23mg (4.15%), Vitamin C: 2.9mg (3.51%), Calcium: 34.15mg (3.41%), Folate: 9.84µg (2.46%), Vitamin E: 0.36mg (2.42%)