



Mediterranean Pilaf Salad

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



270 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

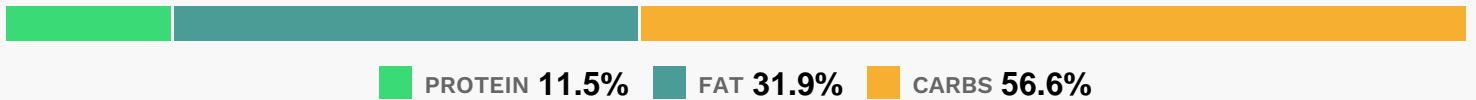
Ingredients

- 0.5 cup cherry tomatoes chopped
- 1 tablespoon dijon mustard
- 0.3 cup feta cheese crumbled
- 2 tablespoons flat parsley chopped
- 2 tablespoons spring onion chopped
- 0.3 teaspoon ground cumin
- 2 tablespoons kalamata olives pitted sliced
- 0.5 tablespoon juice of lemon

- 1.8 cups chicken broth reduced-sodium
- 1 tablespoon olive oil
- 1 tablespoon pinenuts toasted
- 0.5 tablespoon red wine vinegar
- 6.1 ounce rice such as near east original rice pilaf

Equipment

Nutrition Facts



Properties

Glycemic Index:47.3, Glycemic Load:21.1, Inflammation Score:-4, Nutrition Score:10.323913043478%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 270.21kcal (13.51%), Fat: 9.62g (14.79%), Saturated Fat: 2.63g (16.44%), Carbohydrates: 38.39g (12.8%), Net Carbohydrates: 37.15g (13.51%), Sugar: 0.95g (1.06%), Cholesterol: 11.13mg (3.71%), Sodium: 283.44mg (12.32%), Protein: 7.8g (15.6%), Vitamin K: 43.37µg (41.31%), Manganese: 0.74mg (37.22%), Phosphorus: 150.02mg (15%), Selenium: 9.88µg (14.11%), Vitamin B3: 2.52mg (12.61%), Copper: 0.21mg (10.69%), Vitamin B2: 0.18mg (10.31%), Vitamin C: 8.25mg (10%), Calcium: 91.14mg (9.11%), Vitamin B6: 0.16mg (8.02%), Zinc: 1.19mg (7.93%), Vitamin E: 1.12mg (7.44%), Vitamin A: 363.02IU (7.26%), Iron: 1.27mg (7.06%), Magnesium: 26.7mg (6.67%), Potassium: 233.59mg (6.67%), Vitamin B5: 0.62mg (6.18%), Vitamin B12: 0.31µg (5.24%), Vitamin B1: 0.08mg (5.2%), Fiber: 1.24g (4.97%), Folate: 16.47µg (4.12%)