



Medjool Pilaf



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



355 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 1 cup rice
- ☐ 1 tablespoon butter
- ☐ 0.5 teaspoon cumin seed
- ☐ 2 cups fat-skimmed chicken broth
- ☐ 0.3 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground ginger
- ☐ 5 oz medjool dates

- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup peas frozen
- ☐ 0.5 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 10- to 12-inch frying pan over medium heat, stir almonds often until golden, about 5 minutes.
- ☐ Pour from pan and reserve.
- ☐ Add butter and onion to pan. Stir occasionally until onion is limp, about 5 minutes. Meanwhile, pit and chop 1/2 the dates.
- ☐ Cut remaining dates lengthwise into 1/2-inch-wide slices; discard pits.
- ☐ Add rice to onion. Stir often until rice is opaque, about 4 minutes.
- ☐ Add cumin, ginger, and cardamom; stir 1 minute longer.
- ☐ Add 1/2 teaspoon salt, broth, and chopped dates. Bring to a boil over high heat, then reduce heat, cover, and simmer, stirring occasionally, until rice is tender to bite, about 15 minutes.
- ☐ Stir in peas and cook just until they're hot, 1 to 2 minutes.
- ☐ Pour pilaf into a bowl and top decoratively with sliced dates and almonds.
- ☐ Add more salt to taste.

Nutrition Facts



Properties

Glycemic Index:38.13, Glycemic Load:23.43, Inflammation Score:-5, Nutrition Score:11.524782564329%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 354.82kcal (17.74%), Fat: 6.41g (9.85%), Saturated Fat: 0.92g (5.74%), Carbohydrates: 69.83g (23.28%), Net Carbohydrates: 64.67g (23.51%), Sugar: 25.92g (28.8%), Cholesterol: 0mg (0%), Sodium: 792.85mg (34.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.17%), Manganese: 0.98mg (48.97%), Fiber: 5.16g (20.66%), Copper: 0.35mg (17.73%), Selenium: 10.3µg (14.71%), Phosphorus: 143.37mg (14.34%), Magnesium: 57.19mg (14.3%), Potassium: 460.15mg (13.15%), Vitamin B3: 2.59mg (12.96%), Vitamin B6: 0.25mg (12.29%), Vitamin E: 1.67mg (11.12%), Vitamin C: 8.78mg (10.65%), Vitamin B2: 0.17mg (9.73%), Vitamin B5: 0.96mg (9.65%), Iron: 1.6mg (8.92%), Vitamin B1: 0.13mg (8.63%), Zinc: 1.15mg (7.68%), Folate: 28.35µg (7.09%), Calcium: 69.09mg (6.91%), Vitamin A: 320.36IU (6.41%), Vitamin K: 5.59µg (5.33%), Vitamin B12: 0.23µg (3.84%)