



Mixed Grain Pilaf

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



163 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup almonds chopped
- 0.5 cup barley
- 0.5 cup brown rice
- 0.5 cup bulgur wheat
- 2 tablespoons butter
- 2 carrots chopped
- 2.8 cups chicken broth
- 0.8 teaspoon basil dried

- 0.3 cup cooking sherry dry
- 1 clove garlic minced pressed
- 0.5 lb onion chopped
- 0.8 teaspoon oregano dried
- 0.3 cup parsley chopped
- 10 servings salt and pepper

Equipment

- bowl
- frying pan

Directions

- In a 3- to 4-quart pan, stir nuts often over medium heat until lightly toasted, about 3 minutes; pour from pan.
- Turn heat to medium-high and add butter, onion, carrots, garlic, and parsley to pan. Stir often until onion is limp, about 5 minutes.
- Add barley and rice. Stir often until barley is lightly browned, about 4 minutes.
- Add broth, sherry, basil, and oregano. Bring to a boil over high heat, then turn heat to low, cover, and simmer 30 minutes. Stir in bulgur, cover, and simmer until grains are tender to bite, about 15 minutes longer.
- Add salt and pepper to taste.
- Pour pilaf into a bowl and garnish with toasted nuts.

Nutrition Facts



Properties

Glycemic Index:30.76, Glycemic Load:8.79, Inflammation Score:-9, Nutrition Score:11.885217438573%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg

Nutrients (% of daily need)

Calories: 163.24kcal (8.16%), Fat: 5.41g (8.32%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 24.45g (8.15%), Net Carbohydrates: 19.77g (7.19%), Sugar: 2.21g (2.46%), Cholesterol: 1.29mg (0.43%), Sodium: 473.57mg (20.59%), Alcohol: 0.62g (100%), Alcohol %: 0.55% (100%), Protein: 4.65g (9.29%), Manganese: 0.96mg (48.18%), Vitamin A: 2314.35IU (46.29%), Vitamin K: 37.08µg (35.32%), Fiber: 4.68g (18.73%), Magnesium: 57.25mg (14.31%), Phosphorus: 110.5mg (11.05%), Vitamin B1: 0.16mg (10.66%), Vitamin E: 1.53mg (10.17%), Vitamin B2: 0.15mg (8.82%), Copper: 0.18mg (8.77%), Vitamin B3: 1.7mg (8.49%), Vitamin B6: 0.16mg (8.17%), Iron: 1.25mg (6.95%), Potassium: 236.09mg (6.75%), Vitamin C: 5.16mg (6.26%), Selenium: 4.27µg (6.1%), Zinc: 0.89mg (5.9%), Folate: 17.99µg (4.5%), Calcium: 42.15mg (4.21%), Vitamin B5: 0.35mg (3.47%)