



Mixed Rice Pilaf with Dried Fruit and Nuts



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



251 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup brown rice
- ☐ 0.3 cup cranberries dried
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon lime zest
- ☐ 0.3 cup raisins

- ☐ 0.3 cup roasted salted shelled coarsely chopped
- ☐ 0.8 teaspoon salt divided
- ☐ 1 large shallots chopped
- ☐ 0.8 cup rice medium-grain white

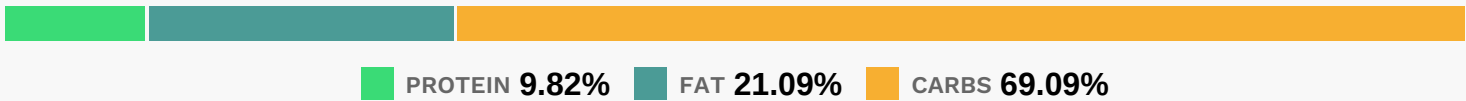
Equipment

- ☐ sauce pan

Directions

- ☐ Cook brown rice according to package directions with 1/4 teaspoon salt. Set aside.
- ☐ Heat oil in a medium saucepan over medium heat.
- ☐ Add shallot and garlic; cook, stirring occasionally, 3 to 4 minutes or until shallot is translucent. Stir in cranberries, raisins, and coriander; cook, stirring often, 2 minutes.
- ☐ Add white rice and cook, stirring, 1 minute.
- ☐ Stir in 1 1/2 cups water and remaining 1/2 teaspoon salt. Increase heat to medium-high; bring to a boil, and stir. Cover, reduce heat to medium-low, and simmer 15 to 18 minutes or until water is absorbed.
- ☐ Remove from heat, and let stand 5 minutes. Stir in pistachios, cilantro, lime zest, and reserved brown rice.

Nutrition Facts



Properties

Glycemic Index:50.46, Glycemic Load:21.61, Inflammation Score:-2, Nutrition Score:7.3700001343437%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 250.79kcal (12.54%), Fat: 5.94g (9.13%), Saturated Fat: 0.96g (5.99%), Carbohydrates: 43.78g (14.59%), Net Carbohydrates: 41.78g (15.19%), Sugar: 5.27g (5.85%), Cholesterol: 8.28mg (2.76%), Sodium: 302.51mg (13.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.44%), Manganese: 0.93mg (46.33%), Vitamin B6: 0.27mg (13.44%), Phosphorus: 110.18mg (11.02%), Selenium: 7.53µg (10.76%), Vitamin B1: 0.16mg (10.39%), Vitamin B3: 1.96mg (9.8%), Magnesium: 36.41mg (9.1%), Fiber: 1.99g (7.97%), Copper: 0.14mg (7.08%), Vitamin B5: 0.61mg (6.1%), Potassium: 211.47mg (6.04%), Zinc: 0.87mg (5.82%), Vitamin E: 0.86mg (5.76%), Iron: 0.91mg (5.07%), Vitamin K: 4.03µg (3.83%), Vitamin B2: 0.06mg (3.68%), Calcium: 21.13mg (2.11%), Vitamin C: 1.44mg (1.74%), Folate: 6.87µg (1.72%), Vitamin B12: 0.07µg (1.12%)