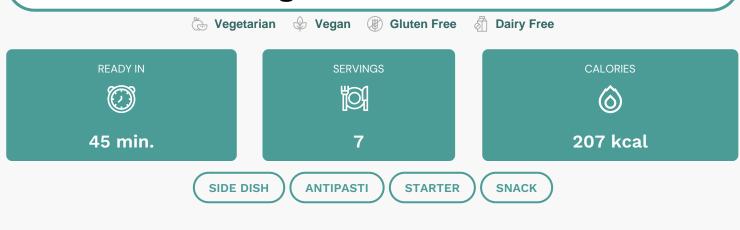


# **Mixed Vegetable and Rice Pilaf**



### **Ingredients**

r cup rice uncooked
1 bay leaf
O.3 teaspoon pepper black freshly ground
O.3 teaspoon peppercorns black
2 tablespoons canola oil
0.3 cup carrots finely chopped
0.3 teaspoon coriander seeds
1.5 teaspoons cumin seeds divided

	0.3 teaspoon garam masala
	0.5 pound green beans trimmed cut into 3/4-inch pieces ( 2 cups)
	4 cardamom pods green
	0.5 teaspoon ground turmeric
	1.3 teaspoons kosher salt divided
	0.8 cup peas green frozen
	2 chiles dried red
	1 cup onion red sliced
	0.8 pound potatoes red cut into 1-inch pieces
	2 cups water
F.	
	juipment
Ш	frying pan
Ш	dutch oven
Directions	
	Place 1 teaspoon cumin seeds in a small skillet over medium-high heat, and cook for 2 minutes or until toasted, stirring occasionally.
	Remove from pan; cool completely.
	Place cumin seeds in a spice or coffee grinder; process until finely ground. Set aside.
	Heat canola oil in a Dutch oven over medium-high heat.
	Add remaining 1/2 teaspoon cumin seeds, coriander seeds, and next 6 ingredients (through bay leaf) to pan. Cook 2 minutes or until cumin browns, stirring frequently.
	Add onion, carrot, 1 teaspoon salt, and green beans, and cook 2 minutes, stirring occasionally Stir in rice, turmeric, and potatoes.
	Add 2 cups water; bring mixture to a boil. Stir in remaining 1/4 teaspoon salt, ground cumin seeds, and garam masala. Cover, reduce heat, and simmer 15 minutes or until rice is tender and liquid is absorbed.
	Remove from heat, and stir in peas. Cover and let mixture stand 5 minutes. Discard bay leaf.

## **Nutrition Facts**

PROTEIN 9.14% FAT 19.8% CARBS 71.06%

### **Properties**

Glycemic Index:43.48, Glycemic Load:14.68, Inflammation Score:-9, Nutrition Score:11.322608719701%

#### **Flavonoids**

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg

#### Nutrients (% of daily need)

Calories: 207.36kcal (10.37%), Fat: 4.64g (7.14%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 37.46g (12.49%), Net Carbohydrates: 33.43g (12.16%), Sugar: 3.93g (4.36%), Cholesterol: Omg (0%), Sodium: 437.79mg (19.03%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 4.82g (9.64%), Manganese: 0.91mg (45.37%), Vitamin A: 1409.95IU (28.2%), Vitamin K: 23.54µg (22.42%), Vitamin C: 16.77mg (20.33%), Fiber: 4.03g (16.12%), Potassium: 441.5mg (12.61%), Vitamin B6: 0.24mg (12.14%), Copper: 0.21mg (10.44%), Phosphorus: 103.34mg (10.33%), Magnesium: 39.46mg (9.87%), Vitamin B1: 0.15mg (9.73%), Iron: 1.75mg (9.72%), Folate: 37.39µg (9.35%), Vitamin B3: 1.69mg (8.43%), Selenium: 4.89µg (6.99%), Vitamin E: 0.96mg (6.38%), Zinc: 0.9mg (6%), Vitamin B2: 0.1mg (5.77%), Vitamin B5: 0.54mg (5.42%), Calcium: 48.02mg (4.8%)