



## Mixed Vegetable and Rice Pilaf



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



207 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 cup rice uncooked
- ☐ 1 bay leaf
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 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

## Equipment

- ☐ frying pan
- ☐ 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 Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.85mg, 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: 0mg (0%), Sodium: 437.79mg (19.03%), Alcohol: 0g (100%), Alcohol %: 0% (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%)