



# Mixed Vegetable Pulao

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

482 kcal

- SIDE DISH
- ANTIPASTI
- STARTER
- SNACK

## Ingredients

- ☐ 4 cups rice rinsed
- ☐ 2 bay leaves
- ☐ 2 cardamom pods black
- ☐ 3 carrots peeled cut into long strips
- ☐ 2 cinnamon sticks
- ☐ 0.3 cup cooking oil
- ☐ 1 teaspoon cumin seeds
- ☐ 0.3 pound green beans fresh cut into long strips

- ☐ 1 tablespoon ginger–garlic paste
- ☐ 1 onion sliced thin
- ☐ 1 cup peas green frozen
- ☐ 2 potatoes cubed peeled
- ☐ 8 servings salt to taste
- ☐ 6.5 cups water

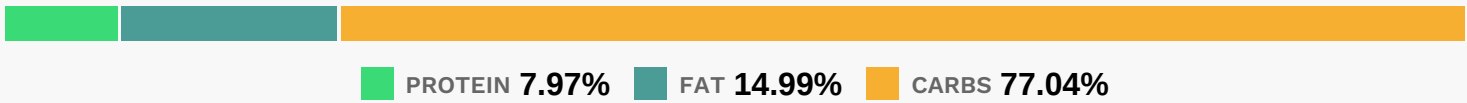
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large skillet; fry the cloves, bay leaves, cinnamon sticks, cardamom pods, and cumin seeds in the hot oil until fragrant, 2 to 3 minutes. Stir the onion and ginger–garlic paste into the spice mixture and continue cooking until the onions are golden brown, 5 to 7 minutes.
- ☐ Add the carrots, potatoes, green beans, peas, and rice; cook and stir for 2 minutes.
- ☐ Pour the water over the mixture and season with salt; gently mix to incorporate.
- ☐ Bring the mixture to a full boil; cover and reduce heat to low. Cook on low until the rice is tender, about 20 minutes.
- ☐ Remove the cover and cook another 15 minutes. Stir gently before serving.

Nutrition Facts



Properties

Glycemic Index:40.51, Glycemic Load:53.43, Inflammation Score:-10, Nutrition Score:18.848695879397%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 481.91kcal (24.1%), Fat: 7.94g (12.22%), Saturated Fat: 0.74g (4.64%), Carbohydrates: 91.84g (30.61%), Net Carbohydrates: 86.41g (31.42%), Sugar: 3.86g (4.29%), Cholesterol: 0mg (0%), Sodium: 230.82mg (10.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.5g (19%), Vitamin A: 4099.2IU (81.98%), Manganese: 1.56mg (77.86%), Vitamin C: 22.58mg (27.37%), Fiber: 5.43g (21.72%), Vitamin K: 22.08µg (21.03%), Selenium: 14.7µg (21%), Vitamin B6: 0.42mg (20.91%), Copper: 0.36mg (17.98%), Phosphorus: 178.2mg (17.82%), Potassium: 521.94mg (14.91%), Vitamin B3: 2.83mg (14.14%), Magnesium: 54.74mg (13.69%), Vitamin B1: 0.2mg (13.02%), Vitamin B5: 1.24mg (12.39%), Iron: 2.03mg (11.31%), Vitamin E: 1.62mg (10.77%), Zinc: 1.6mg (10.65%), Folate: 41.02µg (10.25%), Vitamin B2: 0.13mg (7.36%), Calcium: 73.63mg (7.36%)