



## Multi-Grain Pilaf with Root Vegetables

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



564 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 cups basmati long-grain cooked
- 1 cup pinto beans canned drained
- 1 cup carrots chopped
- 0.5 cup celery root peeled chopped
- 2 cups pearl barley cooked
- 2 teaspoons ginger fresh grated peeled
- 1 tablespoon soya sauce low-sodium
- 4 teaspoons olive oil divided

- 1 cup onion chopped
- 1 cup bell pepper red chopped
- 0.3 teaspoon salt
- 3 cups torn spinach
- 0.5 cup turnip peeled chopped

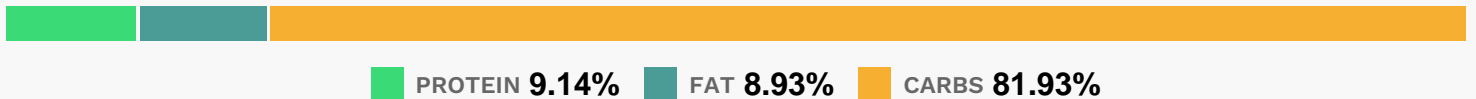
## Equipment

- frying pan

## Directions

- Heat 2 teaspoons oil in a large nonstick skillet over medium heat.
- Add onion and next 5 ingredients (onion through ginger); saut 5 minutes. Stir in rice, barley, and beans; cook 2 minutes.
- Add remaining 2 teaspoons oil, spinach, soy sauce, and salt; cook 1 minute or just until spinach begins to wilt.

## Nutrition Facts



## Properties

Glycemic Index:91.75, Glycemic Load:50.04, Inflammation Score:-10, Nutrition Score:31.110000112782%

## Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 9.2mg, Quercetin: 9.2mg, Quercetin: 9.2mg, Quercetin: 9.2mg

## Nutrients (% of daily need)

Calories: 564.4kcal (28.22%), Fat: 5.61g (8.62%), Saturated Fat: 0.93g (5.78%), Carbohydrates: 115.7g (38.57%), Net Carbohydrates: 106g (38.55%), Sugar: 6.61g (7.34%), Cholesterol: 0mg (0%), Sodium: 484.43mg (21.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.9g (25.81%), Vitamin A: 8628.34IU (172.57%), Vitamin K: 126.92µg (120.88%), Manganese: 1.76mg (87.94%), Vitamin C: 64.17mg (77.78%), Fiber: 9.7g (38.79%), Selenium: 21.49µg (30.7%), Vitamin B6: 0.57mg (28.64%), Folate: 110.55µg (27.64%), Phosphorus: 265.4mg (26.54%), Magnesium:

93.47mg (23.37%), Copper: 0.45mg (22.63%), Potassium: 770.16mg (22%), Vitamin B3: 4.36mg (21.79%), Iron: 3.63mg (20.17%), Vitamin B1: 0.25mg (16.49%), Zinc: 2.39mg (15.95%), Vitamin E: 2.29mg (15.25%), Vitamin B5: 1.49mg (14.87%), Vitamin B2: 0.23mg (13.58%), Calcium: 114.02mg (11.4%)