



Multigrain Pilaf



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



131 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 cup bulgur uncooked
- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion chopped
- ☐ 0.3 cup pearl barley uncooked

- ☐ 0.3 cup pecans toasted chopped
- ☐ 2.3 cups vegetable broth organic (such as Swanson Certified)
- ☐ 0.3 cup kasha uncooked (buckwheat groats)

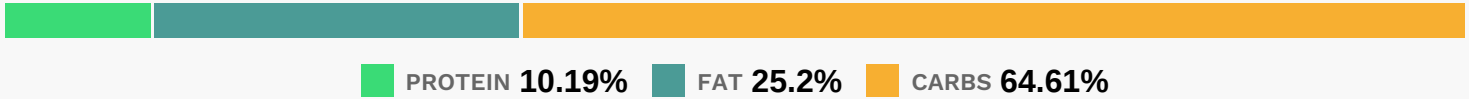
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat oil in a 2-quart saucepan over medium-high heat.
- ☐ Add onion and garlic to pan; saut 3 minutes or until onion is tender.
- ☐ Add broth and next 5 ingredients (through bay leaf) to pan; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed.
- ☐ Remove from heat. Discard bay leaf. Fluff with a fork; stir in pecans and pepper.

Nutrition Facts



Properties

Glycemic Index:34.71, Glycemic Load:5.46, Inflammation Score:-4, Nutrition Score:6.0482609660729%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg

Nutrients (% of daily need)

Calories: 131.15kcal (6.56%), Fat: 3.88g (5.97%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 22.39g (7.46%), Net Carbohydrates: 18.07g (6.57%), Sugar: 1.91g (2.12%), Cholesterol: 0mg (0%), Sodium: 482.67mg (20.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Manganese: 0.67mg (33.33%), Fiber: 4.32g (17.27%), Magnesium: 44.56mg (11.14%), Copper: 0.21mg (10.58%), Phosphorus: 88.59mg (8.86%), Vitamin B3: 1.43mg (7.15%), Selenium: 4.86µg (6.95%), Vitamin B6: 0.12mg (5.82%), Vitamin B1: 0.08mg (5.38%), Zinc: 0.76mg (5.05%), Iron: 0.76mg (4.24%), Potassium: 146.32mg (4.18%), Vitamin B2: 0.07mg (3.86%), Vitamin A: 173.38IU (3.47%), Folate: 11.69µg (2.92%), Vitamin B5: 0.27mg (2.66%), Vitamin C: 2.14mg (2.6%), Calcium: 17.25mg (1.72%)