



Multigrain Pilaf with Sunflower Seeds

 Vegetarian

READY IN



67 min.

SERVINGS



8

CALORIES



197 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup brown rice (such as Lundberg)
- ☐ 0.3 cup bulgur uncooked
- ☐ 2 teaspoons butter
- ☐ 4 teaspoons canola oil divided
- ☐ 0.5 cup currants dried
- ☐ 1.5 cups less-sodium chicken broth fat-free
- ☐ 0.3 cup parsley fresh chopped

- ☐ 1 cup leek thinly sliced (1 large)
- ☐ 0.5 cup pearl barley uncooked
- ☐ 0.5 teaspoon salt divided
- ☐ 0.3 cup sunflower seed kernels
- ☐ 2.5 cups water

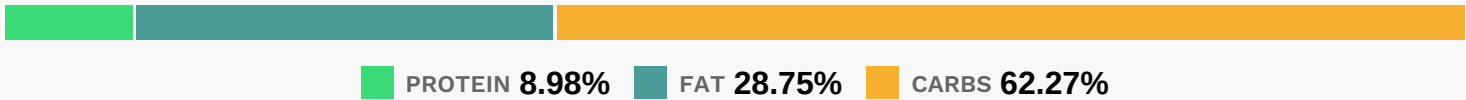
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a Dutch oven over medium-high heat.
- ☐ Add 2 teaspoons oil, sunflower seeds, and 1/4 teaspoon salt; saut 2 minutes or until lightly browned.
- ☐ Remove from pan; set aside.
- ☐ Heat pan over medium heat; add remaining 2 teaspoons oil and butter.
- ☐ Add leek; cook 4 minutes or until tender, stirring frequently.
- ☐ Add 2 1/2 cups water and next 3 ingredients (through rice); bring to a boil. Cover, reduce heat, and simmer 35 minutes. Stir in currants and bulgur; cover and simmer 10 minutes or until grains are tender.
- ☐ Remove from heat; stir in remaining 1/4 teaspoon salt, sunflower seeds, parsley, and pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.09, Glycemic Load:8.49, Inflammation Score:-5, Nutrition Score:11.463043420211%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 196.62kcal (9.83%), Fat: 6.55g (10.08%), Saturated Fat: 1.16g (7.24%), Carbohydrates: 31.92g (10.64%), Net Carbohydrates: 27.62g (10.04%), Sugar: 6.39g (7.1%), Cholesterol: 2.69mg (0.9%), Sodium: 341.16mg (14.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.21%), Manganese: 0.96mg (48.19%), Vitamin K: 38.25µg (36.43%), Fiber: 4.31g (17.23%), Vitamin E: 2.47mg (16.5%), Magnesium: 60.77mg (15.19%), Copper: 0.26mg (13.22%), Phosphorus: 127.92mg (12.79%), Vitamin B1: 0.19mg (12.77%), Selenium: 8.9µg (12.72%), Vitamin B6: 0.24mg (12.17%), Vitamin B3: 2.23mg (11.15%), Iron: 1.51mg (8.41%), Vitamin A: 387.49IU (7.75%), Folate: 30.45µg (7.61%), Potassium: 235.05mg (6.72%), Zinc: 0.95mg (6.36%), Vitamin C: 4.33mg (5.25%), Vitamin B2: 0.07mg (4.21%), Vitamin B5: 0.4mg (4.02%), Calcium: 35.09mg (3.51%), Vitamin B12: 0.09µg (1.45%)