



Nuted Brown Rice Pilaf



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



242 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup brown rice long-grain
- ☐ 1 cup wine dry white
- ☐ 3 garlic clove minced
- ☐ 1 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons olive oil
- ☐ 1 onion finely chopped

- ☐ 0.3 cup pistachios
- ☐ 0.5 tsp salt
- ☐ 0.3 cup slivered almonds
- ☐ 2.5 cups vegetable broth reduced-sodium
- ☐ 0.3 cup walnut pieces chopped

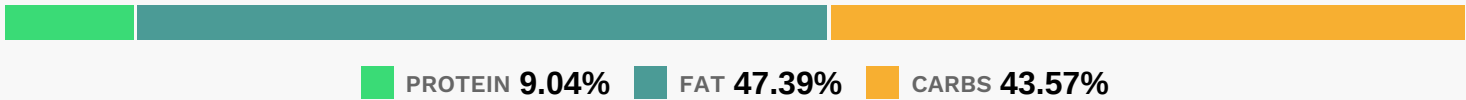
Equipment

- ☐ frying pan

Directions

- ☐ In a large frying pan with a tight-fitting lid, cook olive oil, onion, and 1/2 tsp. salt over medium heat until onion is soft, about 3 minutes. Increase heat to high and add almonds, pistachios, and walnuts. Cook, stirring, until nuts start to toast. Onions may brown a bit, which is fine, but reduce heat if they start to burn.
- ☐ Add garlic and cook until fragrant, about 30 seconds.
- ☐ Add coriander, cumin, and pepper. Cook, stirring, until fragrant, about 30 seconds.
- ☐ Add rice and stir to combine.
- ☐ Add wine and cook, stirring, until absorbed, about 2 minutes.
- ☐ Add broth and bring to a boil. Cover, reduce heat to low, and cook until rice is tender to the bite, about 50 minutes.
- ☐ Fluff with a fork, and add salt to taste.
- ☐ Serve sprinkled with parsley if you like.

Nutrition Facts



Properties

Glycemic Index:26.97, Glycemic Load:10.94, Inflammation Score:-4, Nutrition Score:9.2069566508998%

Flavonoids

Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 241.65kcal (12.08%), Fat: 11.98g (18.43%), Saturated Fat: 1.38g (8.61%), Carbohydrates: 24.79g (8.26%), Net Carbohydrates: 21.84g (7.94%), Sugar: 1.92g (2.13%), Cholesterol: 0mg (0%), Sodium: 149.12mg (6.48%), Alcohol: 3.09g (100%), Alcohol %: 2.41% (100%), Protein: 5.14g (10.28%), Manganese: 1.32mg (65.83%), Magnesium: 66.17mg (16.54%), Vitamin B6: 0.29mg (14.34%), Phosphorus: 139.28mg (13.93%), Copper: 0.27mg (13.57%), Vitamin E: 1.82mg (12.11%), Vitamin B1: 0.18mg (12.01%), Fiber: 2.95g (11.79%), Vitamin B3: 1.38mg (6.88%), Iron: 1.22mg (6.79%), Zinc: 0.98mg (6.5%), Potassium: 223.68mg (6.39%), Vitamin B2: 0.09mg (5.17%), Vitamin B5: 0.47mg (4.69%), Folate: 17.1µg (4.28%), Calcium: 41.62mg (4.16%), Vitamin K: 2.64µg (2.52%), Vitamin C: 1.78mg (2.16%), Selenium: 1.12µg (1.6%)