



Pecan White and Brown Rice Pilaf



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



158 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup bulgur uncooked
- ☐ 1 tablespoon cranberries dried
- ☐ 1 cup fat-skimmed beef broth fat-free
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 cup quick-cooking brown rice instant
- ☐ 0.5 cup rice white instant

- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion finely chopped
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 cups water

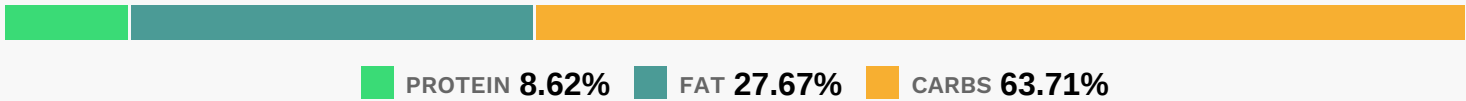
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add onion; saut 4 minutes or until tender.
- ☐ Add bay leaf; cook 1 minute.
- ☐ Add water and next 7 ingredients (through pepper); bring to a boil. Cover, reduce heat, and simmer 8 minutes or until rice is tender.
- ☐ Remove from heat; discard bay leaf. Stir in pecans and parsley.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:3.75, Inflammation Score:-5, Nutrition Score:8.009130363879%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 158.16kcal (7.91%), Fat: 5.03g (7.73%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 26.05g (8.68%), Net Carbohydrates: 22.55g (8.2%), Sugar: 3.25g (3.61%), Cholesterol: 0mg (0%), Sodium: 357.87mg (15.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.05%), Manganese: 0.76mg (38.05%), Vitamin K: 23.5µg (22.38%), Fiber: 3.5g (13.99%), Vitamin B1: 0.21mg (13.75%), Folate: 51.08µg (12.77%), Selenium: 6.76µg (9.66%), Vitamin B3: 1.93mg (9.64%), Iron: 1.53mg (8.5%), Magnesium: 31.4mg (7.85%), Phosphorus: 77.51mg (7.75%), Copper: 0.15mg (7.7%), Vitamin B6: 0.11mg (5.35%), Zinc: 0.72mg (4.77%), Vitamin C: 3.81mg (4.62%), Potassium: 130.47mg (3.73%), Vitamin B5: 0.31mg (3.13%), Vitamin B2: 0.04mg (2.39%), Vitamin A: 117.93IU (2.36%), Calcium: 23.13mg (2.31%), Vitamin E: 0.34mg (2.25%), Vitamin B12: 0.08µg (1.26%)