



Pico de Gallo Pilaf

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



300 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 handful cilantro leaves finely chopped
- ☐ 1 jalapeno seeded finely chopped
- ☐ 1 lime zest juiced
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 cup orzo pasta
- ☐ 4 plum tomatoes halved seeded finely chopped
- ☐ 1 small onion white red finely chopped
- ☐ 4 servings salt

- ☐ 2 cups vegetable broth
- ☐ 1 cup rice white

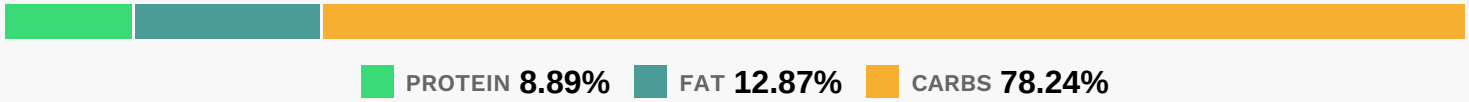
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Heat the extra-virgin olive oil in a sauce pot over medium heat.
- ☐ Add the orzo and toast until deep golden. Stir in the rice and broth and bring to boil. Reduce the heat to low, cover the pot and simmer for 17 to 18 minutes.
- ☐ In a small bowl, combine the tomatoes, onions, jalapeno, cilantro, and lime zest and juice. Season with salt, to taste.
- ☐ When rice is cooked, fluff with fork and stir in the salsa.
- ☐ Transfer to a serving bowl and serve.

Nutrition Facts



Properties

Glycemic Index:77.3, Glycemic Load:30.01, Inflammation Score:-7, Nutrition Score:9.9391303995381%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg

Nutrients (% of daily need)

Calories: 299.62kcal (14.98%), Fat: 4.28g (6.59%), Saturated Fat: 0.65g (4.06%), Carbohydrates: 58.55g (19.52%), Net Carbohydrates: 55.71g (20.26%), Sugar: 4.36g (4.85%), Cholesterol: 0mg (0%), Sodium: 672mg (29.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.65g (13.3%), Manganese: 0.78mg (38.89%), Selenium: 19.01µg

(27.16%), Vitamin C: 19.08mg (23.13%), Vitamin A: 880.67IU (17.61%), Fiber: 2.84g (11.35%), Phosphorus: 112.99mg (11.3%), Copper: 0.21mg (10.71%), Vitamin K: 10.99µg (10.46%), Vitamin B6: 0.2mg (9.82%), Potassium: 298.54mg (8.53%), Magnesium: 31.86mg (7.97%), Vitamin B3: 1.54mg (7.68%), Vitamin E: 1.1mg (7.34%), Vitamin B5: 0.68mg (6.8%), Zinc: 0.93mg (6.22%), Vitamin B1: 0.09mg (5.82%), Folate: 22.6µg (5.65%), Iron: 0.97mg (5.37%), Vitamin B2: 0.06mg (3.4%), Calcium: 33.88mg (3.39%)