



Pilaf for a Curry Banquet

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



331 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup almonds toasted sliced for garnish
- 2.5 cups rice
- 3 cardamom pods
- 4 cups chicken stock see
- 1 cinnamon sticks
- 0.5 teaspoon cumin seeds
- 2 tablespoons cilantro leaves fresh chopped for garnish
- 1 large onion finely chopped

- 0.5 teaspoon nigella seeds
- 2 tablespoons vegetable oil

Equipment

- frying pan
- sauce pan
- kitchen towels

Directions

- Cook the onion in the oil, in a deep saucepan with the cloves, cardamom pods, cinnamon stick, cumin seeds, and nigella seeds, if using, until the onion is slightly browned and soft. Keep the heat medium to low and stir frequently; this should take about 10 minutes.
- Add the rice and move it about in the oily spiced onion until it is slicked and glossy, then pour in the stock and bring the pan to the boil. Cover the pan with a lid and cook over the lowest heat possible for 20 minutes.
- Turn off the heat, take the lid off, cover with a tea towel and clamp the lid back on the saucepan. You can leave the rice to rest like this for at least 10 minutes, and up to about 1 hour. Fork the rice through when you are ready to serve it, scattering the toasted sliced almonds and cilantro on top.

Nutrition Facts



PROTEIN 10.7% **FAT 22.91%** **CARBS 66.39%**

Properties

Glycemic Index:18.15, Glycemic Load:28.28, Inflammation Score:-3, Nutrition Score:9.5317390081675%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 330.82kcal (16.54%), Fat: 8.34g (12.84%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 54.4g (18.13%), Net Carbohydrates: 52.13g (18.96%), Sugar: 3.03g (3.37%), Cholesterol: 3.6mg (1.2%), Sodium: 175.73mg (7.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.77g (17.53%), Manganese: 1.08mg (53.78%), Selenium: 11.72µg (16.74%), Vitamin B3: 3.07mg (15.36%), Phosphorus: 134.27mg (13.43%), Copper: 0.26mg (13.21%), Vitamin E: 1.87mg (12.47%), Vitamin B2: 0.2mg (11.94%), Vitamin B6: 0.2mg (10.07%), Magnesium: 39.12mg (9.78%), Fiber: 2.28g (9.11%), Potassium: 275.04mg (7.86%), Zinc: 1.08mg (7.2%), Vitamin B1: 0.11mg (7.02%), Vitamin K: 7.08µg (6.74%), Iron: 1.19mg (6.63%), Vitamin B5: 0.64mg (6.38%), Calcium: 48.05mg (4.81%), Folate: 16.82µg (4.2%), Vitamin C: 1.84mg (2.23%)