



Pine Nut and Green Onion Pilaf



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



232 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cup rice long-grain uncooked
- ☐ 0.5 cup spring onion sliced (5 medium)
- ☐ 0.5 cup pinenuts
- ☐ 2.5 cups chicken broth (from 32-oz carton)
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup spring onion sliced

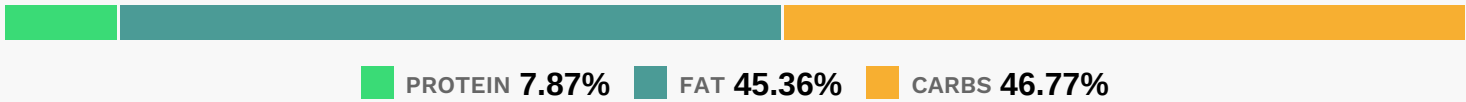
Equipment

☐ sauce pan

Directions

- ☐ Melt butter in 3-quart saucepan over medium-high heat.
- ☐ Cook rice, 1/2 cup onions and the nuts in butter about 5 minutes, stirring occasionally, until nuts are light brown.
- ☐ Stir in broth, lemon peel and salt.
- ☐ Heat to boiling, stirring once or twice; reduce heat. Cover and simmer 14 minutes; remove from heat. Fluff rice lightly with fork.
- ☐ Cover and let stand 5 minutes.
- ☐ Sprinkle with onion tops.

Nutrition Facts



Properties

Glycemic Index:20.86, Glycemic Load:15.03, Inflammation Score:-4, Nutrition Score:9.3334783535937%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 231.84kcal (11.59%), Fat: 11.89g (18.29%), Saturated Fat: 1.4g (8.77%), Carbohydrates: 27.57g (9.19%), Net Carbohydrates: 26.39g (9.6%), Sugar: 1.17g (1.3%), Cholesterol: 1.96mg (0.65%), Sodium: 507.96mg (22.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.28%), Manganese: 1.39mg (69.55%), Vitamin K: 31.97µg (30.45%), Copper: 0.24mg (12.09%), Phosphorus: 109.8mg (10.98%), Magnesium: 39.62mg (9.9%), Vitamin E: 1.34mg (8.91%), Zinc: 1.18mg (7.87%), Selenium: 5.2µg (7.43%), Vitamin B2: 0.11mg (6.49%), Vitamin B3: 1.27mg (6.35%), Iron: 1.13mg (6.25%), Vitamin B1: 0.09mg (6.04%), Vitamin A: 296.94IU (5.94%), Fiber: 1.18g (4.71%), Potassium: 157.26mg (4.49%), Vitamin B5: 0.37mg (3.71%), Folate: 14.38µg (3.6%), Vitamin C: 2.88mg (3.49%), Vitamin B6: 0.07mg (3.49%), Calcium: 25.26mg (2.53%)