

Pistachio pilau rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



264 kcal

SIDE DISH

Ingredients

- ☐ 1 onion sliced
- ☐ 1 tbsp vegetable oil
- ☐ 1 tsp turmeric
- ☐ 300 g rice
- ☐ 600 ml vegetable stock hot
- ☐ 1 bunch spring onion sliced
- ☐ 50 g pistachio roughly chopped

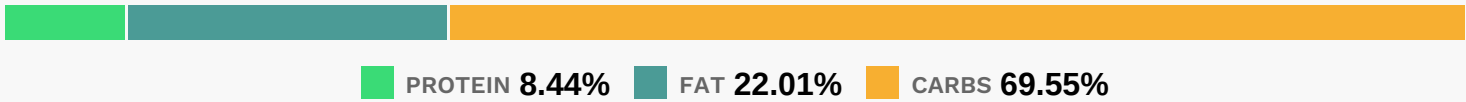
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Fry the onion in the oil in a large frying pan or saucepan until softened. Stir in the turmeric, then the rice, and keep stirring until the grains are golden.
- ☐ Pour in the hot stock, bring to the boil, then reduce the heat, cover and cook for 15 mins until the rice is tender.
- ☐ Remove from the heat and stir through the spring onions, pistachios and some seasoning before serving hot, or allowing to cool.

Nutrition Facts



Properties

Glycemic Index:31.36, Glycemic Load:25.34, Inflammation Score:-10, Nutrition Score:7.1534782492596%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 264.25kcal (13.21%), Fat: 6.44g (9.91%), Saturated Fat: 0.92g (5.74%), Carbohydrates: 45.78g (15.26%), Net Carbohydrates: 43.78g (15.92%), Sugar: 2.42g (2.69%), Cholesterol: 0mg (0%), Sodium: 401.41mg (17.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.12%), Manganese: 0.7mg (35.14%), Vitamin B6: 0.25mg (12.74%), Vitamin K: 12.62µg (12.02%), Selenium: 8.27µg (11.81%), Copper: 0.23mg (11.55%), Phosphorus: 106.11mg (10.61%), Fiber: 2g (8.01%), Vitamin B1: 0.12mg (7.91%), Magnesium: 25.92mg (6.48%), Vitamin B5: 0.58mg (5.76%), Vitamin A: 286.4IU (5.73%), Iron: 0.98mg (5.43%), Potassium: 189.98mg (5.43%), Zinc: 0.79mg (5.27%), Vitamin B3: 0.97mg (4.85%), Folate: 14.44µg (3.61%), Vitamin C: 2.67mg (3.24%), Vitamin E: 0.47mg (3.13%), Calcium: 30.52mg (3.05%), Vitamin B2: 0.05mg (2.76%)