

Pumpkin Pilaf



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



272 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons currants dried
- ☐ 3 cups fat-skimmed chicken broth
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced peeled
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion finely chopped

- ☐ 0.1 teaspoon paprika and pepper
- ☐ 0.3 cup pistachios chopped
- ☐ 1 tablespoon simple preserved lemons minced
- ☐ 3.5 cups pumpkin diced such as sugar pie or baby bear (see notes) ()
- ☐ 2 cups rice long-grain white

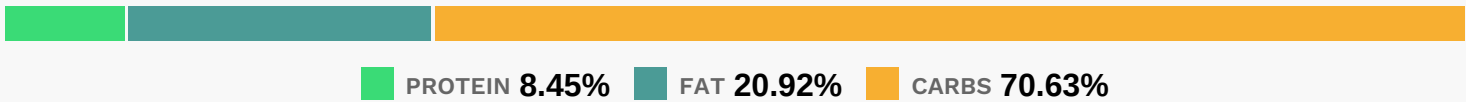
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a 10- to 12-inch frying pan (with sides at least 2 in. high) over medium-high heat. When hot, add onion and garlic; stir until limp, about 5 minutes.
- ☐ Add rice, cinnamon, coriander, cumin, turmeric, salt, paprika, and pepper; stir to coat.
- ☐ Add broth, lemon juice, pumpkin, currants, and preserved lemon. Bring to a simmer.
- ☐ Reduce heat to low, cover, and cook until liquid is absorbed and rice is tender to bite, 20 to 25 minutes. Fluff with a fork and stir in pistachios and cilantro.

Nutrition Facts



Properties

Glycemic Index:37.15, Glycemic Load:26.11, Inflammation Score:-10, Nutrition Score:12.164347845575%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg

Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 271.82kcal (13.59%), Fat: 6.39g (9.82%), Saturated Fat: 0.89g (5.59%), Carbohydrates: 48.5g (16.17%), Net Carbohydrates: 46.41g (16.88%), Sugar: 6.44g (7.16%), Cholesterol: 0mg (0%), Sodium: 354.54mg (15.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.8g (11.6%), Vitamin A: 4353.22IU (87.06%), Manganese: 0.71mg (35.4%), Copper: 0.28mg (13.87%), Selenium: 9.63µg (13.76%), Vitamin B6: 0.26mg (12.85%), Phosphorus: 123.01mg (12.3%), Potassium: 383.41mg (10.95%), Vitamin C: 7.6mg (9.21%), Vitamin B1: 0.13mg (8.58%), Vitamin B3: 1.71mg (8.55%), Fiber: 2.12g (8.46%), Vitamin E: 1.23mg (8.18%), Vitamin B5: 0.78mg (7.84%), Magnesium: 29.32mg (7.33%), Iron: 1.29mg (7.18%), Vitamin B2: 0.12mg (7.03%), Zinc: 0.86mg (5.76%), Folate: 20.11µg (5.03%), Calcium: 44.1mg (4.41%), Vitamin K: 3.35µg (3.19%), Vitamin B12: 0.17µg (2.84%)