



Rice Pilaf



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



503 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons regular balsamic vinegar white
- ☐ 17 oz rice ready-to-serve
- ☐ 3 tablespoons butter melted
- ☐ 0.5 cup parsley fresh chopped
- ☐ 0.8 cup pecans toasted chopped
- ☐ 1.5 cups grapes red seedless halved
- ☐ 1 cup onion diced red
- ☐ 0.5 teaspoon salt

☐ 0.5 cup cranberries dried sweetened

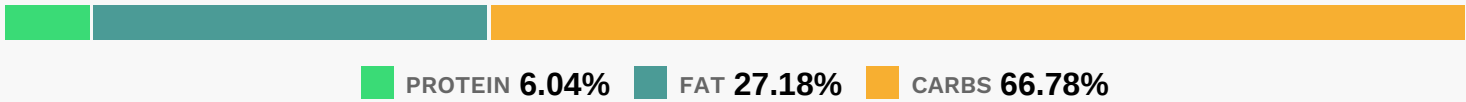
Equipment

☐ frying pan

Directions

- ☐ Saut onion in melted butter in a large skillet over medium-high heat until tender; stir in grapes, dried cranberries, and balsamic vinegar. Stir in rice, pecans, parsley, and salt; cook, stirring often, until thoroughly heated.
- ☐ *2 (8-oz.) pouches ready-to-serve whole grain brown-and-wild rice may be substituted; omit salt.

Nutrition Facts



Properties

Glycemic Index:46.03, Glycemic Load:42.75, Inflammation Score:-6, Nutrition Score:15.53478241809%

Flavonoids

Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg Delphinidin: 0.91mg, Delphinidin: 0.91mg, Delphinidin: 0.91mg, Delphinidin: 0.91mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg

Nutrients (% of daily need)

Calories: 503.2kcal (25.16%), Fat: 15.35g (23.62%), Saturated Fat: 4.55g (28.47%), Carbohydrates: 84.85g (28.28%), Net Carbohydrates: 81.13g (29.5%), Sugar: 15.75g (17.5%), Cholesterol: 15.05mg (5.02%), Sodium: 249.17mg (10.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.68g (15.36%), Vitamin K: 89.39µg (85.13%), Manganese: 1.53mg (76.71%), Copper: 0.4mg (19.95%), Selenium: 12.91µg (18.44%), Fiber: 3.73g (14.9%), Phosphorus: 148.34mg (14.83%), Vitamin A: 628.51IU (12.57%), Vitamin B1: 0.18mg (12.15%), Vitamin C: 9.99mg (12.11%), Vitamin

B6: 0.23mg (11.54%), Magnesium: 44.05mg (11.01%), Zinc: 1.58mg (10.55%), Vitamin B5: 1.02mg (10.23%), Iron: 1.54mg (8.55%), Potassium: 294.49mg (8.41%), Vitamin B3: 1.66mg (8.28%), Vitamin B2: 0.1mg (5.83%), Folate: 22.78µg (5.7%), Calcium: 52.11mg (5.21%), Vitamin E: 0.75mg (5%)