



Rice Pilaf with Almonds and Raisins

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



490 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups rice
- 3 tablespoons canola oil
- 1 cinnamon sticks
- 2 tablespoons golden raisins
- 0.5 medium onion sliced into fine half rings
- 1 teaspoon salt
- 2 tablespoons blanched slivered almonds

Equipment

- bowl
- frying pan
- sieve

Directions

- Put the rice in a bowl. Wash in several changes of water.
- Drain.
- Let the rice soak in water that covers it generously for 30 minutes.
- Drain through a sieve and leave in the sieve suspended over a bowl to drip.
- Pour the oil into a heavy, medium pan (that has a tight-fitting lid) and set over medium-high heat. When hot, put in the cinnamon.
- Let it sizzle for 10 seconds. Put in the onions. Stir and fry the onions until they start to brown.
- Add the almonds. Stir until they are golden.
- Add the raisins. Stir until they are plump, just a few seconds.
- Add the drained rice and salt. Stir very gently to mix.
- Add 2 2/3 cups water and bring to a boil. Cover tightly, turn heat to very, very low, and simmer gently for 25 minutes.
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Nutrition Facts

 PROTEIN 6.64%  FAT 25.45%  CARBS 67.91%

Properties

Glycemic Index: 37.46, Glycemic Load: 48.02, Inflammation Score: -2, Nutrition Score: 10.206521648266%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 490.26kcal (24.51%), Fat: 13.8g (21.22%), Saturated Fat: 1.16g (7.23%), Carbohydrates: 82.84g (27.61%), Net Carbohydrates: 80.14g (29.14%), Sugar: 5.38g (5.98%), Cholesterol: 0mg (0%), Sodium: 588.48mg (25.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.11g (16.21%), Manganese: 1.29mg (64.67%), Vitamin E: 3.16mg (21.06%), Selenium: 14.28µg (20.4%), Copper: 0.29mg (14.54%), Phosphorus: 143.6mg (14.36%), Fiber: 2.7g (10.78%), Magnesium: 41.06mg (10.27%), Vitamin B6: 0.2mg (9.98%), Vitamin B5: 0.98mg (9.84%), Vitamin B3: 1.77mg (8.84%), Zinc: 1.22mg (8.14%), Vitamin K: 8.17µg (7.78%), Iron: 1.14mg (6.36%), Potassium: 219.24mg (6.26%), Vitamin B2: 0.1mg (5.84%), Vitamin B1: 0.08mg (5.43%), Calcium: 53.97mg (5.4%), Folate: 12.74µg (3.18%), Vitamin C: 1.29mg (1.56%)