



HEALTH SCORE

66%

Rice Pilaf with Chestnuts and Brussels Sprouts



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



179 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 4 cups brussels sprouts trimmed cut into eighths (1 pound)
- ☐ 0.8 cup honey shelled cooked chopped (1 pound in shells)
- ☐ 2 cups brown rice long-grain hot cooked
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 garlic cloves crushed
- ☐ 0.8 teaspoon ground cumin

- ☐ 1 Dash ground pepper red
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup bell pepper diced red
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons shallots chopped
- ☐ 0.5 cup water

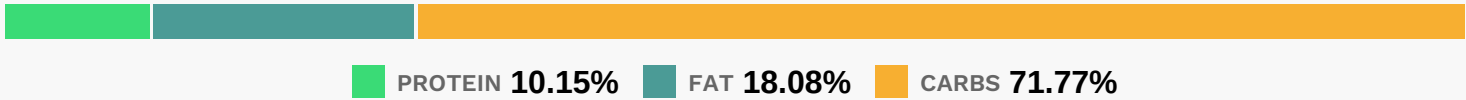
Equipment

- ☐ frying pan

Directions

- ☐ Heat the olive oil in a nonstick skillet over medium heat.
- ☐ Add chopped shallots and crushed garlic, and saut 2 minutes.
- ☐ Add Brussels sprouts and diced bell pepper, and saut 3 minutes. Stir in wine and water, and bring mixture to a boil. Cover, reduce heat, and simmer 12 minutes or until half of liquid is absorbed, stirring occasionally. Stir in the rice and remaining ingredients, and cook 2 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:43.67, Glycemic Load:5.78, Inflammation Score:-8, Nutrition Score:18.800434900367%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 179.27kcal (8.96%), Fat: 3.44g (5.3%), Saturated Fat: 0.53g (3.34%), Carbohydrates: 30.75g (10.25%), Net Carbohydrates: 26.79g (9.74%), Sugar: 2.77g (3.08%), Cholesterol: 0mg (0%), Sodium: 215.84mg (9.38%), Alcohol: 2.06g (100%), Alcohol %: 1.26% (100%), Protein: 4.35g (8.69%), Vitamin K: 106.77µg (101.68%), Vitamin C: 81.5mg (98.79%), Manganese: 0.93mg (46.56%), Vitamin A: 1040.7IU (20.81%), Vitamin B6: 0.38mg (18.77%), Fiber: 3.96g (15.84%), Folate: 58.73µg (14.68%), Magnesium: 53.2mg (13.3%), Vitamin B1: 0.19mg (12.43%), Potassium: 416.74mg (11.91%), Phosphorus: 114.56mg (11.46%), Selenium: 7.55µg (10.78%), Copper: 0.2mg (9.84%), Vitamin B3: 1.86mg (9.29%), Iron: 1.64mg (9.11%), Vitamin E: 1.18mg (7.88%), Zinc: 0.85mg (5.7%), Vitamin B2: 0.09mg (5.5%), Vitamin B5: 0.54mg (5.36%), Calcium: 43.95mg (4.4%)