



Rice Pilaf with Figs



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



2

CALORIES



635 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pinch allspice
- ☐ 2 tablespoons almonds toasted chopped
- ☐ 1 cup rice
- ☐ 2 tablespoons currants dried
- ☐ 6 figs fresh stemmed cut in half lengthwise
- ☐ 1 tablespoon grapeseed oil
- ☐ 1 onion chopped
- ☐ 9 servings grinds pepper fresh black

- ☐ 1 pinch salt
- ☐ 2 cups water

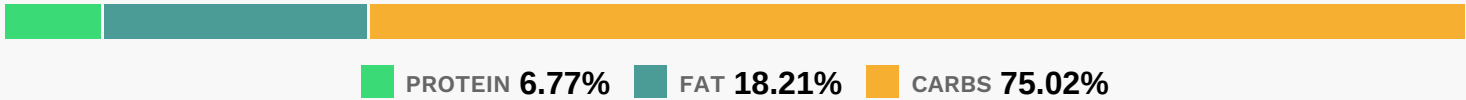
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large saute pan over medium heat.
- ☐ Add the onion and saute until translucent, about 2 minutes. Stir in the rice and saute for 2 minutes, stirring a few times.
- ☐ Add the water, pepper, allspice, currants, salt, and figs. Stir gently.
- ☐ Bring the mixture to a boil, and then lower the heat. Cover and simmer until the rice is tender and the water is absorbed, about 20 minutes. If the water cooks out of the rice too quickly, you can add a little more, and then re-cover until cooked.
- ☐ Uncover the rice and fluff with a fork, being careful not to mash the figs. Plate, top with chopped almonds, and serve.

Nutrition Facts



Properties

Glycemic Index:142.59, Glycemic Load:63.44, Inflammation Score:-6, Nutrition Score:17.816956582277%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 2.51mg, Catechin: 2.51mg, Catechin: 2.51mg, Catechin: 2.51mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.02mg, Isorhamnetin: 3.02mg, Isorhamnetin: 3.02mg, Isorhamnetin: 3.02mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 19.41mg, Quercetin: 19.41mg, Quercetin: 19.41mg, Quercetin: 19.41mg

Nutrients (% of daily need)

Calories: 635.3kcal (31.76%), Fat: 13.16g (20.25%), Saturated Fat: 1.35g (8.46%), Carbohydrates: 121.96g (40.65%), Net Carbohydrates: 113.43g (41.25%), Sugar: 36.68g (40.75%), Cholesterol: 0mg (0%), Sodium: 46.25mg (2.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.01g (22.03%), Manganese: 1.63mg (81.43%), Fiber: 8.53g (34.13%), Vitamin E: 4.87mg (32.5%), Copper: 0.52mg (26.1%), Magnesium: 89.8mg (22.45%), Vitamin B6: 0.45mg (22.34%), Selenium: 15.08µg (21.55%), Potassium: 731.55mg (20.9%), Phosphorus: 207.1mg (20.71%), Vitamin B2: 0.27mg (15.96%), Vitamin B5: 1.52mg (15.16%), Vitamin B1: 0.23mg (15.01%), Calcium: 140.91mg (14.09%), Vitamin B3: 2.76mg (13.78%), Iron: 2.11mg (11.75%), Zinc: 1.72mg (11.5%), Vitamin C: 7.81mg (9.47%), Folate: 32.86µg (8.22%), Vitamin K: 8.59µg (8.18%), Vitamin A: 228.15IU (4.56%)