



Rice Pilaf with Mushrooms and Pine Nuts



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



369 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 cups a mixture of water and stock gluten-free for vegetarian option, stock for version (vegetable stock)



0.5 cup pinenuts



5 ounces button mushrooms roughly chopped



1 tablespoon olive oil extra virgin



2 cups rice long grain white



0.5 cup yellow onions chopped



2 teaspoons salt plus more to taste



0.5 teaspoon ground pepper black plus more to taste

- ☐ 2 tablespoons butter
- ☐ 1 cup arugula fresh loosely packed chopped ()

Equipment

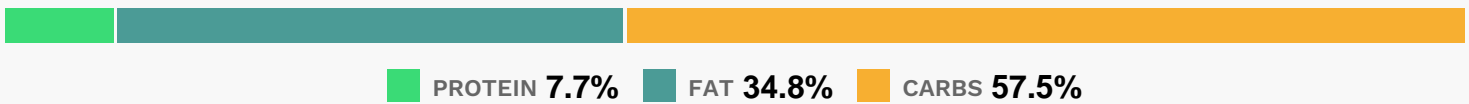
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat the stock: Measure out the stock according to the liquid requirements on your package of rice for 2 cups of rice.
- ☐ Place in a 2 quart sauce pan and bring to a simmer. While the stock is heating, prepare the pine nuts, mushrooms, and rice in the next three steps.
- ☐ Toast the pine nuts:
- ☐ Heat a large sauté pan on medium high heat.
- ☐ Add the pine nuts. Toast, stirring occasionally until lightly browned and fragrant.
- ☐ Remove the pine nuts from the hot pan to a bowl, set aside.
- ☐ Sauté the mushrooms: Return the pan to the heat.
- ☐ Add the chopped mushrooms. Dry sauté the mushrooms (using no fat), stirring occasionally, until the mushrooms give off much of their moisture and begin to brown slightly.
- ☐ Remove the mushrooms from the pan, set aside (can add to the same bowl as the pine nuts.)
- ☐ Add olive oil to the pan and increase the heat to high.
- ☐ Add the white rice, spreading the rice out in the pan and stirring to coat with the oil. Cook for a couple of minutes, stirring occasionally, until the rice begins to brown.
- ☐ Add the onions, then the pine nuts and mushrooms:
- ☐ Mix in the onions, and cook for a couple minutes more, until the onions soften and turn translucent.
- ☐ Add the pine nuts and mushrooms to the rice and remove from heat.
- ☐ Combine rice mixture and stock: Carefully add the rice mixture to the saucepan with the hot stock.

- ☐ Mix in the salt and pepper. Bring to a simmer, reduce the heat, and cover the pan.
- ☐ Cook according the the rice package instructions, anywhere from 15 to 45 minutes, depending on the type of rice.
- ☐ Remove from heat and let sit covered for 10 minutes.
- ☐ Stir in butter and greens: Stir in the butter and and chopped arugula, watercress, or parsley. Fluff up with a fork.
- ☐ Add more salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:39.03, Glycemic Load:30.24, Inflammation Score:-7, Nutrition Score:17.405652361072%

Flavonoids

Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg, Myricetin: 1.49mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 369.43kcal (18.47%), Fat: 14.4g (22.15%), Saturated Fat: 3.42g (21.35%), Carbohydrates: 53.53g (17.84%), Net Carbohydrates: 51.48g (18.72%), Sugar: 1.6g (1.78%), Cholesterol: 10.03mg (3.34%), Sodium: 817.84mg (35.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.34%), Vitamin K: 172.18µg (163.98%), Manganese: 1.73mg (86.44%), Copper: 0.39mg (19.43%), Vitamin A: 963.46IU (19.27%), Vitamin C: 14.87mg (18.03%), Selenium: 11.72µg (16.74%), Phosphorus: 166.97mg (16.7%), Magnesium: 52.91mg (13.23%), Vitamin B3: 2.48mg (12.42%), Zinc: 1.66mg (11.08%), Vitamin E: 1.64mg (10.96%), Vitamin B5: 1.08mg (10.78%), Iron: 1.92mg (10.66%), Vitamin B2: 0.17mg (9.77%), Potassium: 291.59mg (8.33%), Fiber: 2.05g (8.21%), Vitamin B6: 0.16mg (8.1%), Vitamin B1: 0.12mg (7.89%), Folate: 30.68µg (7.67%), Calcium: 40.19mg (4.02%)