



Rice Pilaf with Pine Nuts



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



334 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups low-salt chicken broth
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion finely chopped
- ☐ 0.5 cup pinenuts toasted
- ☐ 1 cup rice long-grain white

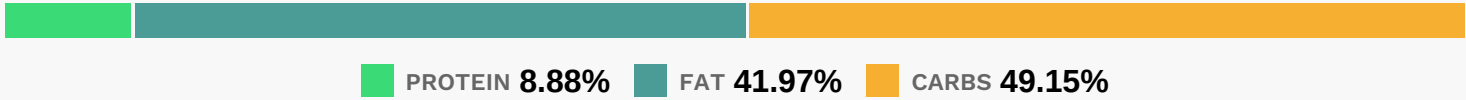
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in small saucepan over medium-high heat.
- ☐ Add onion and sauté until soft, about 5 minutes. Stir in rice.
- ☐ Add broth; bring to boil. Reduce heat to low, cover, and simmer until tender, about 20 minutes. Fluff rice with fork; add pine nuts. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:22.05, Glycemic Load:22.62, Inflammation Score:-3, Nutrition Score:11.562173930523%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 334.48kcal (16.72%), Fat: 15.9g (24.46%), Saturated Fat: 1.56g (9.74%), Carbohydrates: 41.88g (13.96%), Net Carbohydrates: 40.36g (14.68%), Sugar: 1.52g (1.69%), Cholesterol: 0mg (0%), Sodium: 29.97mg (1.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.57g (15.14%), Manganese: 2.01mg (100.56%), Copper: 0.38mg (18.82%), Phosphorus: 181.84mg (18.18%), Vitamin E: 2.13mg (14.22%), Magnesium: 56.55mg (14.14%), Vitamin B3: 2.71mg (13.57%), Zinc: 1.71mg (11.41%), Vitamin K: 11.32µg (10.78%), Selenium: 7.19µg (10.27%), Iron: 1.55mg (8.59%), Potassium: 255.63mg (7.3%), Vitamin B1: 0.1mg (6.79%), Fiber: 1.52g (6.09%), Vitamin B6: 0.12mg (6.08%), Vitamin B5: 0.54mg (5.43%), Vitamin B2: 0.09mg (5.43%), Folate: 12.76µg (3.19%), Calcium: 23.25mg (2.33%), Vitamin C: 1.43mg (1.73%), Vitamin B12: 0.09µg (1.48%)