



Rice Pilaf with Raisins and Cashews

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup golden raisins
- 0.5 teaspoon ground cumin
- 6 ounce rice pilaf
- 0.3 cup roasted cashews chopped

Equipment

Directions

Cook the rice pilaf according to package directions. Stir in the raisins, cashews, and cumin before serving.

Nutrition Facts



PROTEIN 8.01% **FAT 16.71%** **CARBS 75.28%**

Properties

Glycemic Index:30.71, Glycemic Load:24.35, Inflammation Score:-2, Nutrition Score:5.6265217090107%

Flavonoids

Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 232.67kcal (11.63%), Fat: 4.35g (6.69%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 44.12g (14.71%), Net Carbohydrates: 42.92g (15.61%), Sugar: 5.85g (6.5%), Cholesterol: 0mg (0%), Sodium: 5mg (0.22%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.69g (9.39%), Manganese: 0.57mg (28.48%), Copper: 0.32mg (15.94%), Selenium: 7.5µg (10.71%), Phosphorus: 102.53mg (10.25%), Magnesium: 36.98mg (9.25%), Iron: 1.18mg (6.57%), Zinc: 0.98mg (6.56%), Vitamin B6: 0.12mg (6.1%), Vitamin B5: 0.55mg (5.48%), Potassium: 169.36mg (4.84%), Fiber: 1.2g (4.79%), Vitamin B3: 0.92mg (4.58%), Vitamin B2: 0.06mg (3.3%), Vitamin B1: 0.05mg (3.28%), Vitamin K: 3.34µg (3.19%), Folate: 9.61µg (2.4%), Calcium: 22.89mg (2.29%)