



Rice Pilaf with Raisins and Veggies



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



268 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 stalks celery chopped
- ☐ 3 cups chicken broth
- ☐ 1 teaspoon curry powder
- ☐ 3 cloves garlic minced
- ☐ 0.5 cup golden raisins
- ☐ 4 green onions separated sliced
- ☐ 2 tablespoons olive oil
- ☐ 0.5 large onion diced

- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups rice white uncooked

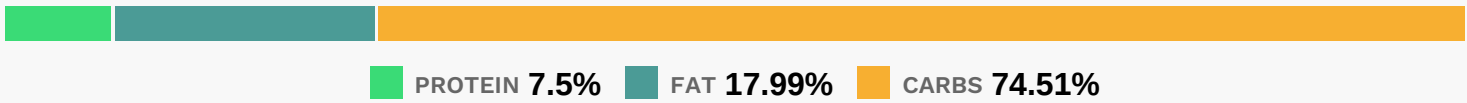
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring chicken broth to boil in a saucepan over medium-high heat; continue simmering while preparing remaining ingredients.
- ☐ Heat olive oil in a large skillet over medium heat. Cook and stir celery, onion, green onion white portions, garlic, curry powder, and salt in the hot oil until vegetables are tender, about 5 minutes.
- ☐ Transfer vegetables to a bowl.
- ☐ Cook and stir rice in the same skillet until lightly toasted, about 3 minutes.
- ☐ Stir toasted rice into boiling chicken broth. Reduce heat to medium-low; continue simmering until rice is tender and broth is absorbed, about 15 minutes.
- ☐ Remove rice from heat and stir in raisins, green onion tops, and celery mixture until well blended.

Nutrition Facts



Properties

Glycemic Index:40.64, Glycemic Load:28.07, Inflammation Score:-3, Nutrition Score:8.0552174163901%

Flavonoids

Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.81mg, Quercetin:

3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 268.22kcal (13.41%), Fat: 5.4g (8.31%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 50.34g (16.78%), Net Carbohydrates: 48.27g (17.55%), Sugar: 8.81g (9.79%), Cholesterol: 2.35mg (0.78%), Sodium: 657.11mg (28.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.06g (10.13%), Manganese: 0.69mg (34.54%), Vitamin K: 28.06µg (26.72%), Selenium: 8.03µg (11.47%), Copper: 0.19mg (9.57%), Vitamin B6: 0.18mg (8.85%), Phosphorus: 88.23mg (8.82%), Vitamin B2: 0.14mg (8.39%), Fiber: 2.07g (8.3%), Potassium: 285.39mg (8.15%), Vitamin E: 0.98mg (6.52%), Vitamin B3: 1.3mg (6.5%), Magnesium: 23.98mg (5.99%), Vitamin B5: 0.59mg (5.92%), Iron: 1.02mg (5.66%), Folate: 21.72µg (5.43%), Vitamin B1: 0.08mg (5.17%), Vitamin C: 4.15mg (5.03%), Zinc: 0.74mg (4.96%), Calcium: 47.83mg (4.78%), Vitamin A: 205.51IU (4.11%)