



WHATSheATE



Roasted Pumpkin and Sweet Potato Pilau



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



186 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup brown rice
- ☐ 0.3 cup celery diced (1 rib)
- ☐ 4 cups fat-skimmed beef broth fat-free
- ☐ 2 teaspoons sage fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 2 teaspoons olive oil

- ☐ 1 cup onion diced (1 small)
- ☐ 2 cups pumpkin fresh cubed peeled () (12 ounces)
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups sweet potatoes and into cubed peeled () (1 medium)

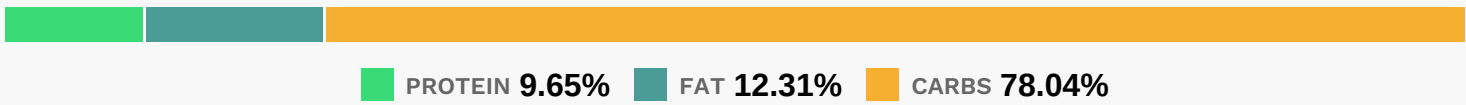
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 400
- ☐ Arrange pumpkin and sweet potato in an even layer on a jelly-roll pan coated with cooking spray.
- ☐ Bake at 400 for 35 minutes or until tender and just until vegetables begin to brown, stirring after 18 minutes.
- ☐ Remove from oven, and set aside.
- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add onion, celery, and garlic to pan; saut 3 minutes or until onion is tender.
- ☐ Add broth and remaining ingredients to onion mixture, stirring to combine; bring to a boil. Cover, reduce heat, and simmer 50 minutes or until rice is done and liquid is mostly absorbed.
- ☐ Remove from heat; discard bay leaf.
- ☐ Add pumpkin mixture; stir gently to combine.

Nutrition Facts



Properties

Glycemic Index:51.63, Glycemic Load:19.2, Inflammation Score:-10, Nutrition Score:19.278695655906%

Flavonoids

Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 185.5kcal (9.28%), Fat: 2.58g (3.96%), Saturated Fat: 0.42g (2.6%), Carbohydrates: 36.76g (12.25%), Net Carbohydrates: 33.83g (12.3%), Sugar: 3.9g (4.33%), Cholesterol: 0mg (0%), Sodium: 741.61mg (32.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.09%), Vitamin A: 8036.63IU (160.73%), Copper: 2.25mg (112.72%), Manganese: 1.48mg (74.11%), Vitamin B6: 0.32mg (16.24%), Magnesium: 64.72mg (16.18%), Phosphorus: 144.03mg (14.4%), Vitamin B1: 0.2mg (13.62%), Vitamin B3: 2.68mg (13.42%), Potassium: 436.5mg (12.47%), Fiber: 2.93g (11.7%), Vitamin B5: 1.09mg (10.91%), Iron: 1.48mg (8.25%), Vitamin C: 6.74mg (8.18%), Vitamin B2: 0.12mg (7.11%), Zinc: 0.97mg (6.49%), Folate: 24.87µg (6.22%), Selenium: 3.95µg (5.64%), Vitamin B12: 0.3µg (5.04%), Calcium: 50.11mg (5.01%), Vitamin E: 0.71mg (4.74%), Vitamin K: 3.87µg (3.68%)