



Roasted Vegetable Pilaf



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



201 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 2 large plum tomatoes sliced
- ☐ 1 small onion red sliced
- ☐ 6.1 ounce near east® rice pilaf mix
- ☐ 1 cup zucchini cut in half & lengthwise

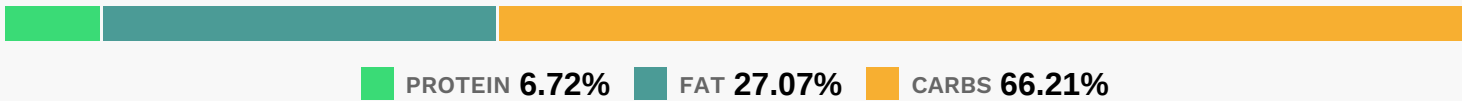
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Prepare Near East rice according to package directions, except omit butter or olive oil.
- ☐ In a small bowl, mix oil, vinegar, garlic and thyme together. Set aside.
- ☐ While rice cooks, place already cut vegetables in a medium baking pan and drizzle vegetables with oil mixture.
- ☐ Bake at 400 degrees F. for 8 to 10 minutes or until golden brown. Stir vegetables into rice mixture.
- ☐ Garnish with fresh thyme sprig, if desired.

Nutrition Facts



Properties

Glycemic Index:44.24, Glycemic Load:18.06, Inflammation Score:-5, Nutrition Score:5.9204348066579%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

Nutrients (% of daily need)

Calories: 200.99kcal (10.05%), Fat: 6g (9.23%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 33.01g (11%), Net Carbohydrates: 31.54g (11.47%), Sugar: 3.22g (3.58%), Cholesterol: 0mg (0%), Sodium: 7.73mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.7%), Manganese: 0.52mg (26.02%), Vitamin C: 9.94mg (12.05%), Vitamin K: 9.97µg (9.49%), Vitamin B6: 0.16mg (7.96%), Selenium: 5.55µg (7.93%), Vitamin E: 1.03mg (6.86%), Phosphorus: 64.92mg (6.49%), Potassium: 209mg (5.97%), Copper: 0.12mg (5.96%), Fiber: 1.47g (5.87%), Vitamin

A: 264.33IU (5.29%), Magnesium: 19.53mg (4.88%), Iron: 0.83mg (4.59%), Vitamin B5: 0.46mg (4.57%), Folate: 17.2µg (4.3%), Vitamin B3: 0.86mg (4.28%), Vitamin B1: 0.06mg (3.87%), Zinc: 0.57mg (3.78%), Vitamin B2: 0.05mg (3.12%), Calcium: 28.91mg (2.89%)