

Snow Pea and Sesame Pilaf

 Vegetarian  Gluten Free

READY IN



27 min.

SERVINGS



2

CALORIES



364 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

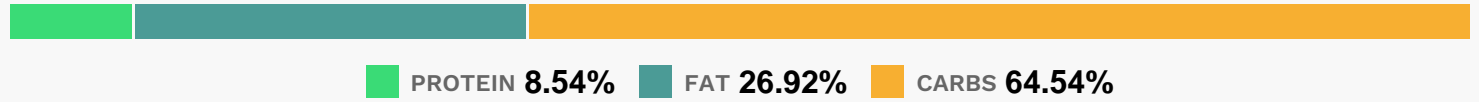
Ingredients

- 1 teaspoon butter
- 1 cup chicken broth
- 1 teaspoon ginger fresh grated
- 0.3 cup onion finely chopped
- 0.3 cup rice long-grain
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- 3 spring onion thinly sliced
- 1 tablespoon sesame oil

- 2 teaspoons sesame seed toasted
- 0.3 lb snow peas trimmed cut into 2 inch pieces

Equipment

Nutrition Facts



Properties

Glycemic Index:140.69, Glycemic Load:30.6, Inflammation Score:-7, Nutrition Score:14.96%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg

Nutrients (% of daily need)

Calories: 364.44kcal (18.22%), Fat: 10.86g (16.7%), Saturated Fat: 2.59g (16.16%), Carbohydrates: 58.56g (19.52%), Net Carbohydrates: 55.11g (20.04%), Sugar: 4.42g (4.91%), Cholesterol: 7.73mg (2.58%), Sodium: 461.65mg (20.07%), Protein: 7.75g (15.51%), Vitamin K: 52.73µg (50.22%), Manganese: 0.98mg (48.9%), Vitamin C: 39.43mg (47.79%), Vitamin A: 861.32IU (17.23%), Selenium: 11.14µg (15.91%), Copper: 0.31mg (15.37%), Fiber: 3.45g (13.81%), Phosphorus: 133.58mg (13.36%), Iron: 2.37mg (13.19%), Vitamin B1: 0.19mg (12.75%), Vitamin B6: 0.25mg (12.62%), Folate: 47.46µg (11.86%), Vitamin B5: 1.11mg (11.13%), Magnesium: 43.97mg (10.99%), Vitamin B2: 0.17mg (10.15%), Vitamin B3: 1.81mg (9.04%), Potassium: 308.19mg (8.81%), Calcium: 85.7mg (8.57%), Zinc: 1.18mg (7.89%), Vitamin E: 0.6mg (4.03%)