



## Spiced Basmati Pilaf with Garden Peas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



133 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 cup rice uncooked
- ☐ 8 cardamom pods
- ☐ 1 stick cinnamon (3-inch)
- ☐ 0.3 cup onion chopped
- ☐ 0.5 cup peas green frozen
- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon vegetable oil
- ☐ 2 cups water cold

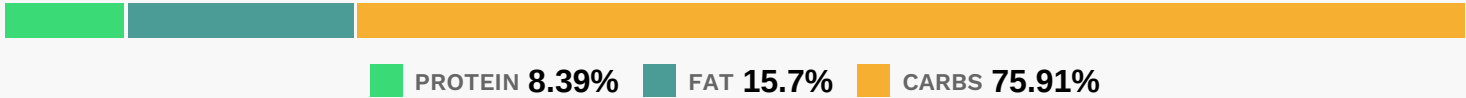
# Equipment

- ☐ bowl
- ☐ sauce pan

# Directions

- ☐ Wash the rice in 3 changes of hot water; drain.
- ☐ Combine rice and 2 cups cold water in a bowl; let stand 30 minutes.
- ☐ Heat vegetable oil in a large saucepan over medium-high heat.
- ☐ Add onion; saut 3 minutes or until lightly browned.
- ☐ Add cardamom, cloves, cinnamon, rice, and salt, and bring to a boil. Reduce heat to medium, and cook 5 minutes or until liquid is nearly absorbed. Fold in peas. Cover, reduce heat to low, and cook 8 minutes.
- ☐ Remove from heat; let stand for 5 minutes.
- ☐ Remove and discard cardamom, cloves, and cinnamon.

# Nutrition Facts



# Properties

Glycemic Index:20.36, Glycemic Load:13.33, Inflammation Score:-2, Nutrition Score:5.5986956513446%

# Flavonoids

Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

# Nutrients (% of daily need)

Calories: 133.42kcal (6.67%), Fat: 2.33g (3.58%), Saturated Fat: 0.37g (2.32%), Carbohydrates: 25.3g (8.43%), Net Carbohydrates: 23.33g (8.48%), Sugar: 0.95g (1.06%), Cholesterol: 0mg (0%), Sodium: 255.14mg (11.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.59%), Manganese: 1.07mg (53.39%), Fiber: 1.97g (7.88%), Vitamin C: 5.21mg (6.31%), Vitamin K: 6.35µg (6.05%), Selenium: 4.23µg (6.04%), Copper: 0.1mg (5.04%), Phosphorus: 48.18mg (4.82%), Magnesium: 17mg (4.25%), Iron: 0.74mg (4.13%), Zinc: 0.62mg (4.11%), Vitamin B6: 0.08mg (3.8%), Vitamin B1: 0.05mg (3.61%), Vitamin B3: 0.68mg (3.4%), Vitamin B5: 0.29mg (2.9%), Calcium: 27.69mg (2.77%),

Potassium: 94.57mg (2.7%), Folate: 10.32µg (2.58%), Vitamin B2: 0.03mg (1.94%), Vitamin A: 80.86IU (1.62%),  
Vitamin E: 0.21mg (1.43%)