



WHATSheATE



Spiced Brown Basmati Pilaf



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



199 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



2 cups brown basmati rice uncooked



1 stick cinnamon (3-inch)



29 ounce less-sodium chicken broth fat-free canned



0.5 cup golden raisins



1 cup onion chopped



0.3 cup pistachios chopped



1 teaspoon salt



2 tablespoons tomato paste

- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup water

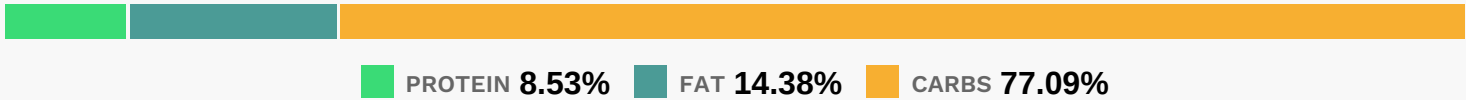
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion; cook 10 minutes or until golden, stirring frequently.
- ☐ Add rice, raisins, cloves, and cinnamon; stir well. Stir in water, tomato paste, salt, and broth; bring to a boil. Cover, reduce heat, and simmer 45 minutes.
- ☐ Let stand 5 minutes. Discard cloves and cinnamon stick.
- ☐ Sprinkle with pistachios.

Nutrition Facts



Properties

Glycemic Index:21.29, Glycemic Load:21.55, Inflammation Score:-2, Nutrition Score:5.6317390669947%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 199.43kcal (9.97%), Fat: 3.21g (4.94%), Saturated Fat: 0.47g (2.92%), Carbohydrates: 38.69g (12.9%), Net Carbohydrates: 37.01g (13.46%), Sugar: 5.77g (6.41%), Cholesterol: 0mg (0%), Sodium: 598.69mg (26.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.56%), Manganese: 0.56mg (28.14%), Selenium: 7.92µg (11.32%), Copper: 0.19mg (9.32%), Vitamin B6: 0.17mg (8.73%), Phosphorus: 82.52mg (8.25%), Fiber: 1.68g (6.71%), Vitamin B3: 1.3mg (6.48%), Potassium: 210.18mg (6.01%), Vitamin B5: 0.53mg (5.25%), Magnesium: 19.73mg

(4.93%), Iron: 0.82mg (4.57%), Vitamin B1: 0.07mg (4.56%), Zinc: 0.57mg (3.78%), Vitamin B2: 0.06mg (3.74%),
Vitamin K: 3.33µg (3.17%), Calcium: 29.91mg (2.99%), Vitamin C: 2.3mg (2.79%), Vitamin B12: 0.16µg (2.74%),
Vitamin E: 0.38mg (2.54%), Folate: 9.01µg (2.25%), Vitamin A: 62.91IU (1.26%)