



Squash-rice Pilaf



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



266 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup rice white
- ☐ 5 servings cilantro leaves fresh chopped
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup pinenuts
- ☐ 5 servings pinenuts
- ☐ 5 servings golden spiced squash
- ☐ 2 cups vegetable broth

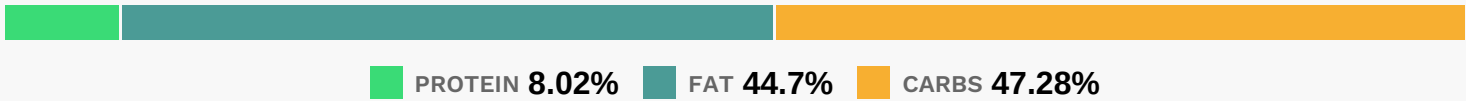
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Rinse and drain rice. In a 12-inch frying pan over high heat, stir rice until dry, 2 to 4 minutes.
- ☐ Add olive oil and stir until rice grains are opaque, 2 to 3 minutes.
- ☐ Pour into a bowl.
- ☐ Pour 1/4 cup pine nuts into frying pan; stir over medium-high heat until lightly toasted, 2 to 3 minutes.
- ☐ Pour into another container. In pan, prepare golden spiced squash, mashing mixture in step Stir in rice and broth. Bring to a boil over high heat, cover, reduce heat, and simmer, stirring occasionally, until rice is tender to bite, 20 to 25 minutes. Spoon into a serving bowl.
- ☐ Sprinkle with pine nuts and, if desired, chopped fresh cilantro.

Nutrition Facts



Properties

Glycemic Index:18.64, Glycemic Load:17.81, Inflammation Score:-3, Nutrition Score:10.38347829684%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 266.03kcal (13.3%), Fat: 13.46g (20.7%), Saturated Fat: 1.11g (6.93%), Carbohydrates: 32.02g (10.67%), Net Carbohydrates: 30.9g (11.24%), Sugar: 0.8g (0.89%), Cholesterol: 0mg (0%), Sodium: 373.67mg (16.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.87%), Manganese: 1.89mg (94.47%), Copper: 0.32mg (16.03%), Phosphorus: 149.23mg (14.92%), Magnesium: 52.57mg (13.14%), Vitamin E: 1.85mg (12.34%), Selenium: 7.71µg (11.01%), Zinc: 1.5mg (10.03%), Vitamin K: 10.35µg (9.86%), Vitamin B3: 1.85mg (9.24%), Iron: 1.37mg (7.6%), Vitamin B1: 0.09mg (6.29%), Vitamin B5: 0.54mg (5.41%), Potassium: 173.84mg (4.97%), Vitamin B6: 0.09mg (4.54%), Fiber: 1.12g (4.49%), Vitamin B2: 0.08mg (4.45%), Vitamin B12: 0.18µg (3.03%), Folate: 9.9µg (2.47%), Vitamin A: 117.91IU (2.36%), Calcium: 17.24mg (1.72%)