



Three-Grain Pilaf

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



270 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup rice uncooked
- 2 tablespoons butter
- 0.5 cup green onions finely chopped
- 0.5 cup millet uncooked
- 0.5 cup quinoa uncooked
- 0.3 teaspoon salt
- 3 cups vegetable broth

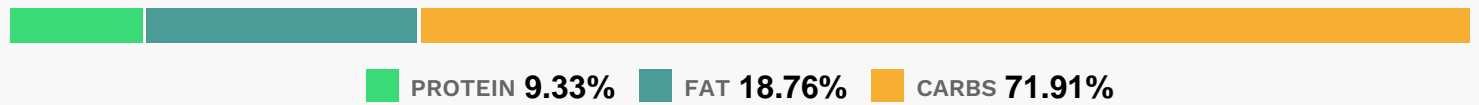
Equipment

frying pan

Directions

- Melt butter in a large nonstick skillet over medium heat.
- Add onions; cook 2 minutes.
- Add rice, quinoa, and millet; cook 3 minutes, stirring frequently. Stir in broth and salt. Bring to a boil; cover, reduce heat, and simmer 20 minutes or until liquid is absorbed.
- Serve a spoonful as a side dish with meat, fish, poultry, or tofu.

Nutrition Facts



Properties

Glycemic Index:43.2, Glycemic Load:23.26, Inflammation Score:-5, Nutrition Score:9.4091304281484%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 269.68kcal (13.48%), Fat: 5.57g (8.56%), Saturated Fat: 2.68g (16.73%), Carbohydrates: 48g (16%), Net Carbohydrates: 44.97g (16.35%), Sugar: 1.23g (1.37%), Cholesterol: 10.03mg (3.34%), Sodium: 601.32mg (26.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.46%), Manganese: 0.91mg (45.45%), Vitamin K: 17.76µg (16.91%), Phosphorus: 151.9mg (15.19%), Copper: 0.28mg (14.17%), Magnesium: 56.38mg (14.09%), Fiber: 3.03g (12.1%), Folate: 48.17µg (12.04%), Vitamin B1: 0.15mg (9.84%), Vitamin B6: 0.19mg (9.44%), Selenium: 6.41µg (9.15%), Vitamin A: 451.96IU (9.04%), Iron: 1.52mg (8.45%), Vitamin B3: 1.54mg (7.71%), Zinc: 1.09mg (7.28%), Vitamin B2: 0.12mg (6.87%), Vitamin B5: 0.57mg (5.75%), Potassium: 171.86mg (4.91%), Vitamin E: 0.54mg (3.61%), Calcium: 23.81mg (2.38%), Vitamin C: 1.57mg (1.9%)