






 **52%**
HEALTH SCORE

Turkish Pilaf with Pistachios and Chickpeas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN

65 min.

SERVINGS

6

CALORIES

315 kcal

SIDE DISH **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 1 cup rice
- 16 ounces chickpeas cooked
- 0.3 teaspoon cinnamon
- 8 ounces eggplant diced
- 2 onion minced
- 0.3 cup parsley chopped
- 0.3 cup pistachios coarsely chopped
- 0.3 cup raisins (or zereshk)

- 6 servings salt to taste
- 1 large tomatoes chopped
- 0.5 cup vegetable stock fat-free
- 2 cups water
- 6 servings frangelico
- 6 servings frangelico

Equipment

Directions

- Add the eggplant and cook for a few more minutes.
- Add the vegetable broth, cover, and cook until the eggplant is tender, about 8 more minutes.
- Add the cooked rice to the eggplant, along with the chickpeas and cinnamon. If dry, add a little more vegetable broth. Cook for about 5 minutes, to allow flavors to combine. Just before serving, add the tomato and chopped parsley.
- Add salt to taste and serve topped with pistachios.

Nutrition Facts



PROTEIN 13.9% **FAT 13.13%** **CARBS 72.97%**

Properties

Glycemic Index:56.79, Glycemic Load:22.93, Inflammation Score:-8, Nutrition Score:17.636086940765%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg, Delphinidin: 32.39mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg

0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg

Nutrients (% of daily need)

Calories: 314.87kcal (15.74%), Fat: 4.71g (7.24%), Saturated Fat: 0.59g (3.72%), Carbohydrates: 58.83g (19.61%), Net Carbohydrates: 49.5g (18%), Sugar: 7.93g (8.82%), Cholesterol: 0mg (0%), Sodium: 289.79mg (12.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.21g (22.41%), Manganese: 1.38mg (69.02%), Vitamin K: 47.95µg (45.66%), Folate: 158.93µg (39.73%), Fiber: 9.33g (37.33%), Copper: 0.5mg (24.92%), Phosphorus: 220.6mg (22.06%), Vitamin B6: 0.36mg (17.83%), Iron: 3.2mg (17.77%), Potassium: 584.06mg (16.69%), Magnesium: 66.4mg (16.6%), Vitamin C: 12.62mg (15.3%), Vitamin B1: 0.21mg (13.71%), Zinc: 1.83mg (12.18%), Selenium: 8.15µg (11.64%), Vitamin A: 556.34IU (11.13%), Vitamin B3: 1.53mg (7.63%), Vitamin B5: 0.75mg (7.47%), Calcium: 74.39mg (7.44%), Vitamin B2: 0.11mg (6.71%), Vitamin E: 0.72mg (4.81%)