



Turmeric pilau with golden onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



355 kcal

SIDE DISH

Ingredients

- ☐ 400 g rice
- ☐ 4 tbsp olive oil
- ☐ 1.5 tsp cumin seeds
- ☐ 1 tsp mustard seeds shopping list black
- ☐ 2 large onion halved sliced
- ☐ 1 tsp turmeric
- ☐ 2 to 2 chillies slit green red deseeded thinly sliced

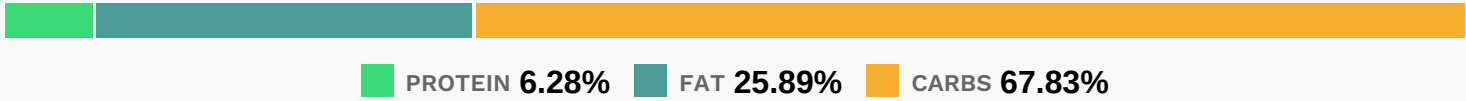
Equipment

- ☐ frying pan
- ☐ aluminum foil
- ☐ wok

Directions

- ☐ Thoroughly rinse the rice until the water looks completely clear.
- ☐ Drain, then tip into a large pan of salted water. Bring to the boil and cook for 6 mins until just tender, but check after 5 mins.
- ☐ Drain well, cool and chill.
- ☐ Heat the oil in a large wok and fry the spices until they start to pop.
- ☐ Add the onions, then cook, stirring frequently, until the onions are tender and golden. Stir in the turmeric and chilli, and cook for 1–2 mins more. Cool.
- ☐ Heat the wok over the coals and, when the onions are sizzling, add the rice and cook, turning until heated through. If the embers are starting to die down a bit, cover the wok with a lid or the wok with a lid or foil to keep in the heat.

Nutrition Facts



Properties

Glycemic Index:16.36, Glycemic Load:33.13, Inflammation Score:-9, Nutrition Score:7.4047825608564%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg

Nutrients (% of daily need)

Calories: 354.85kcal (17.74%), Fat: 10.1g (15.53%), Saturated Fat: 1.46g (9.09%), Carbohydrates: 59.53g (19.84%), Net Carbohydrates: 57.15g (20.78%), Sugar: 2.75g (3.05%), Cholesterol: 0mg (0%), Sodium: 56.53mg (2.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.02%), Manganese: 0.84mg (42.21%), Selenium: 11.05µg (15.79%), Vitamin E: 1.47mg (9.82%), Phosphorus: 97.53mg (9.75%), Fiber: 2.38g (9.54%), Vitamin B6: 0.18mg

(8.98%), Copper: 0.18mg (8.75%), Vitamin B5: 0.74mg (7.4%), Vitamin C: 5.66mg (6.86%), Iron: 1.22mg (6.79%), Magnesium: 25.53mg (6.38%), Vitamin B3: 1.18mg (5.92%), Zinc: 0.87mg (5.82%), Vitamin K: 5.98µg (5.7%), Vitamin B1: 0.08mg (5.08%), Potassium: 170.87mg (4.88%), Folate: 15.57µg (3.89%), Calcium: 36.71mg (3.67%), Vitamin B2: 0.05mg (2.92%)