



 **54%**
HEALTH SCORE

Wild Rice Pilaf

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup bell pepper chopped
- 0.5 cup julienne-cut carrot
- 3 cups rice wild cooked
- 2 tablespoons radishes sliced
- 0.3 cup onion red chopped
- 0.3 cup snow peas sliced

Equipment

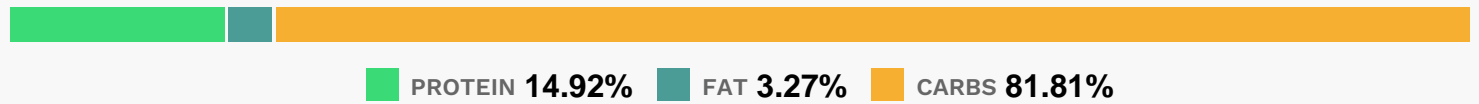
- bowl

- frying pan
- microwave

Directions

- Heat a saut pan over medium-high heat; add 2 teaspoons olive oil.
- Add bell peppers, carrots, and red onion; cook 2 minutes. Microwave rice 5 minutes; transfer to a bowl.
- Add peas, radishes, 1 tablespoon fresh lime juice, and 1 tablespoon seasoned rice vinegar to rice; season with salt and pepper.
- Fab tip: Make the rice look like five-star fare by shaping it into a timbale. Use a clean tuna can or deep, round-shaped biscuit cutter coated with cooking spray to pack in 1 cup rice mixture. Turn it over onto the serving plate, and voil!

Nutrition Facts



Properties

Glycemic Index:34.46, Glycemic Load:0.99, Inflammation Score:-9, Nutrition Score:11.453913185907%

Flavonoids

Pelargonidin: 4.67mg, Pelargonidin: 4.67mg, Pelargonidin: 4.67mg, Pelargonidin: 4.67mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 143.39kcal (7.17%), Fat: 0.54g (0.83%), Saturated Fat: 0.09g (0.53%), Carbohydrates: 30.55g (10.18%), Net Carbohydrates: 27.05g (9.84%), Sugar: 3.25g (3.61%), Cholesterol: 0mg (0%), Sodium: 19mg (0.83%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 5.57g (11.15%), Vitamin A: 3327.09IU (66.54%), Vitamin C: 30.29mg (36.72%), Manganese: 0.42mg (21.18%), Fiber: 3.5g (14%), Vitamin B6: 0.27mg (13.47%), Folate: 49.91µg (12.48%), Zinc: 1.79mg (11.92%), Phosphorus: 118.93mg (11.89%), Magnesium: 46.72mg (11.68%), Vitamin B3: 1.99mg (9.95%), Copper: 0.17mg (8.58%), Vitamin B2: 0.14mg (8.39%), Potassium: 258.81mg (7.39%), Vitamin B1: 0.1mg (6.62%), Iron: 1.04mg (5.78%), Vitamin K: 5.31µg (5.05%), Vitamin E: 0.72mg (4.81%), Vitamin B5: 0.36mg (3.63%), Calcium: 17.06mg (1.71%), Selenium: 1.16µg (1.65%)