



Winter pilaf



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



455 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tsp olive oil
- ☐ 1 onion white red chopped
- ☐ 1 garlic clove crushed
- ☐ 4 cardamom pods
- ☐ 1 tsp ground cumin
- ☐ 1 cinnamon sticks
- ☐ 100 g brown and rice wild mixed (or basmati)
- ☐ 300 ml vegetable stock

- ☐ 1 handful turkey shredded leftover cooked
- ☐ 1 handful nuts toasted
- ☐ 1 handful coriander roughly chopped
- ☐ 2 servings cranberry sauce leftover

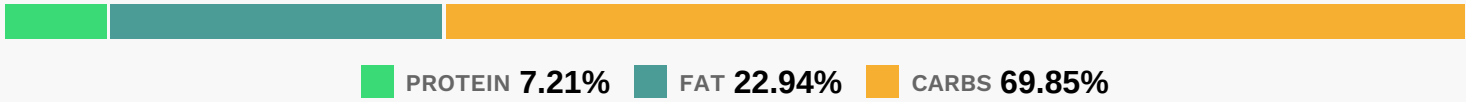
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the oil in a pan and gently fry the onions and garlic until softened, about 5 mins.
- ☐ Add the spices and rice, then stir-fry for 1-2 mins.
- ☐ Pour in the hot stock and simmer until the stock is nearly all absorbed, about 20-25 mins. Stir in the turkey, add seasoning, then continue cooking until warmed through. Scatter over the nuts and coriander. Divide between two bowls and serve with a dollop of cranberry sauce.

Nutrition Facts



Properties

Glycemic Index:118.71, Glycemic Load:24.36, Inflammation Score:-7, Nutrition Score:16.190869641774%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 1.93mg, Myricetin: 1.93mg, Myricetin: 1.93mg, Myricetin: 1.93mg Quercetin: 13.93mg, Quercetin: 13.93mg, Quercetin: 13.93mg, Quercetin: 13.93mg

Nutrients (% of daily need)

Calories: 454.65kcal (22.73%), Fat: 12.03g (18.5%), Saturated Fat: 1.7g (10.62%), Carbohydrates: 82.37g (27.46%), Net Carbohydrates: 75.38g (27.41%), Sugar: 25.95g (28.84%), Cholesterol: 0.36mg (0.12%), Sodium: 609.83mg

(26.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.5g (17.01%), Manganese: 3.77mg (188.38%), Magnesium: 127.04mg (31.76%), Fiber: 7g (27.99%), Phosphorus: 233.4mg (23.34%), Vitamin B6: 0.42mg (20.78%), Copper: 0.41mg (20.46%), Vitamin B1: 0.29mg (19.43%), Iron: 3.3mg (18.35%), Vitamin B3: 3.18mg (15.88%), Zinc: 2.11mg (14.06%), Potassium: 411.21mg (11.75%), Vitamin B5: 1.03mg (10.26%), Vitamin A: 503.34IU (10.07%), Vitamin K: 9.38µg (8.93%), Calcium: 88.05mg (8.8%), Vitamin C: 6.82mg (8.27%), Folate: 30.17µg (7.54%), Vitamin E: 1.11mg (7.41%), Vitamin B2: 0.1mg (5.77%), Selenium: 1µg (1.43%)