



## Yogurt-Rice Pilaf

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



160 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 cup rice long-grain uncooked
- ☐ 1.5 cups water cold
- ☐ 1 tablespoon vegetable oil
- ☐ 1 teaspoon mustard seeds black yellow
- ☐ 1 cup yogurt plain fat free yoplait® (from 2-lb container)
- ☐ 0.5 teaspoon salt
- ☐ 2 ground pepper fresh cut in half lengthwise
- ☐ 10 cilantro leaves fresh chopped

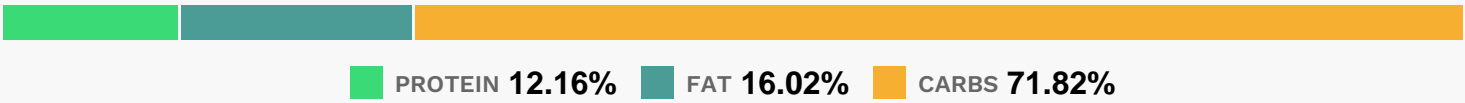
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ Place rice in 1 1/2-quart saucepan; add enough cold water to cover rice. Rub rice gently between fingers; drain. Repeat 4 or 5 times until water is clear; drain. Cover rice with cold water; soak 30 minutes.
- ☐ Drain; return to saucepan.
- ☐ Heat rice and 1 1/2 cups cold water to boiling, stirring once. Reduce heat to medium-high; cook uncovered 5 to 6 minutes, stirring occasionally, until almost all water has evaporated.
- ☐ Reduce heat to low; cover; cook 5 minutes.
- ☐ Remove from heat; let rice stand covered 10 to 15 minutes.
- ☐ Meanwhile, in 6-inch skillet, heat oil and mustard seed over medium-high heat. Once seed begins to pop, cover skillet and wait until popping stops; remove from heat.
- ☐ In medium bowl, mix remaining ingredients. Stir in oil mixture.
- ☐ Add cooked rice; toss well.

## Nutrition Facts



## Properties

Glycemic Index:20.86, Glycemic Load:14.88, Inflammation Score:-3, Nutrition Score:5.6760869181674%

## Flavonoids

Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

## Nutrients (% of daily need)

Calories: 159.81kcal (7.99%), Fat: 2.8g (4.31%), Saturated Fat: 0.47g (2.94%), Carbohydrates: 28.24g (9.41%), Net Carbohydrates: 27.59g (10.03%), Sugar: 3.27g (3.63%), Cholesterol: 0.82mg (0.27%), Sodium: 231.43mg (10.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.78g (9.56%), Manganese: 0.37mg (18.56%), Vitamin K: 14.91µg

(14.2%), Phosphorus: 106.28mg (10.63%), Selenium: 7.23µg (10.32%), Calcium: 95.84mg (9.58%), Vitamin A: 366.65IU (7.33%), Vitamin B2: 0.12mg (7.08%), Vitamin B5: 0.6mg (5.97%), Zinc: 0.79mg (5.29%), Magnesium: 19.29mg (4.82%), Potassium: 167.39mg (4.78%), Copper: 0.1mg (4.78%), Vitamin B6: 0.09mg (4.37%), Vitamin B12: 0.25µg (4.15%), Vitamin B1: 0.05mg (3.24%), Vitamin B3: 0.63mg (3.17%), Vitamin E: 0.43mg (2.85%), Folate: 10.6µg (2.65%), Fiber: 0.65g (2.58%), Iron: 0.42mg (2.31%), Vitamin C: 1.56mg (1.89%)