

Rice Pilaf with Apples and Raisins

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Servings: 4

2 tablespoons olive oil
1 small onion, finely chopped
1 cup uncooked jasmine rice
1 1/2 cups water
1/4 cup dried apples, chopped
1/4 cup golden raisins
1 teaspoon salt
1/4 teaspoon dried thyme
1/4 teaspoon ground allspice
1/4 teaspoon ground cinnamon
1/8 teaspoon cayenne pepper

In a large saucepan, heat the oil over medium heat. Add the onion. Cook and stir for 4 to 6 minutes or until tender.

Add the rice, Cook and stir for 4 to 6 minutes or until the rice is lightly browned.

Add the water, apples, raisins, salt, thyme, allspice, cinnamon and cayenne. Bring to a boil. Reduce the heat. Simmer, covered, for 15 to 20 minutes or until the liquid is absorbed and the rice is tender. Fluff with a fork.

Per Serving (excluding unknown items): 115 Calories; 7g Fat (50.6% calories from fat); 1g Protein; 14g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 543mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1 Fruit; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	115
% Calories from Fat:	50.6%
% Calories from Carbohydrates:	47.0%
% Calories from Protein:	2.4%
Total Fat (g):	7g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	14g
Dietary Fiber (g):	2g
Protein (g):	1g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0

Sodium (mg): 543mg
Potassium (mg): 148mg
Calcium (mg): 21mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 31IU
Vitamin A (r.e.): 3RE

Vegetable: 1/2
Fruit: 1
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 115 Calories from Fat: 58

% Daily Values*

Total Fat	7g	11%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	543mg	23%
Total Carbohydrates	14g	5%
Dietary Fiber	2g	6%
Protein	1g	

Vitamin A	1%
Vitamin C	4%
Calcium	2%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.