



Almond Rice Pilaf

 Vegetarian  Gluten Free  Low Fod Map

READY IN



35 min.

SERVINGS



6

CALORIES



229 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup almonds toasted chopped
- 1 tablespoon butter
- 3 cups chicken broth
- 3 tablespoons parsley fresh chopped
- 2 teaspoons lemon rind grated
- 0.5 teaspoon pepper freshly ground
- 1.5 cups mahatma rice long-grain white uncooked
- 0.5 teaspoon salt

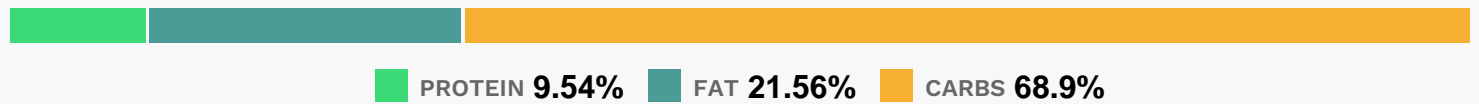
Equipment

sauce pan

Directions

- Melt butter in a large saucepan over medium-high heat. Stir in rice, and cook, stirring constantly, 5 minutes or until golden.
- Add chicken broth, and bring to a boil. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed and rice is tender.
- Remove from heat, and let stand 5 minutes. Fluff rice with a fork.
- Stir in almonds and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:30.86, Glycemic Load:22.35, Inflammation Score:-3, Nutrition Score:7.8852173543495%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 228.54kcal (11.43%), Fat: 5.44g (8.37%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 39.12g (13.04%), Net Carbohydrates: 37.6g (13.67%), Sugar: 0.87g (0.96%), Cholesterol: 7.37mg (2.46%), Sodium: 648.28mg (28.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.84%), Manganese: 0.72mg (35.92%), Vitamin K: 33.28µg (31.7%), Vitamin E: 1.7mg (11.3%), Selenium: 7.74µg (11.05%), Vitamin B2: 0.16mg (9.62%), Copper: 0.19mg (9.34%), Phosphorus: 88.61mg (8.86%), Magnesium: 30.26mg (7.57%), Vitamin B3: 1.24mg (6.22%), Fiber: 1.52g (6.1%), Zinc: 0.8mg (5.33%), Vitamin B5: 0.52mg (5.23%), Vitamin B1: 0.07mg (4.78%), Vitamin A: 230.44IU (4.61%),

Iron: 0.82mg (4.56%), Vitamin B6: 0.09mg (4.38%), Vitamin C: 3.52mg (4.27%), Calcium: 38.75mg (3.87%),
Potassium: 132.97mg (3.8%), Folate: 9.55µg (2.39%)