

Almond Rice Pilaf

READY IN



35 min.

SERVINGS



4

CALORIES



284 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 cups chicken broth
- ☐ 4 servings parsley leaves fresh chopped
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup slivered almonds
- ☐ 2 tablespoons butter unsalted
- ☐ 1 cup rice long-grain white uncooked

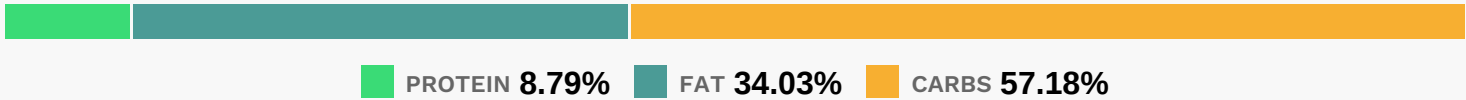
Equipment

☐ sauce pan

Directions

- ☐ In a medium saucepan, melt the butter over medium-high heat. Stir in the onion and almonds. Cook for 5 to 7 minutes or until the onion is softened and the almonds are golden, stirring occasionally.
- ☐ Add the rice; cook and stir for 1 minute. Slowly stir in the broth and add the salt and the pepper, to taste. Bring to a boil. Cover, reduce heat to low, simmer for 15 to 20 minutes or until liquid is absorbed. Fluff with a fork and garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:40.55, Glycemic Load:22.6, Inflammation Score:-5, Nutrition Score:10.988695590392%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 283.85kcal (14.19%), Fat: 10.77g (16.56%), Saturated Fat: 4.05g (25.29%), Carbohydrates: 40.69g (13.56%), Net Carbohydrates: 38.64g (14.05%), Sugar: 1.42g (1.57%), Cholesterol: 17.4mg (5.8%), Sodium: 587.1mg (25.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.51%), Vitamin K: 66.34µg (63.18%), Manganese: 0.8mg (39.78%), Vitamin E: 2.6mg (17.32%), Vitamin B2: 0.2mg (11.99%), Selenium: 7.95µg (11.36%), Copper: 0.22mg (11.22%), Phosphorus: 108.24mg (10.82%), Vitamin A: 515.08IU (10.3%), Magnesium: 40.35mg (10.09%), Fiber: 2.05g (8.21%), Vitamin C: 6.06mg (7.35%), Vitamin B3: 1.39mg (6.96%), Zinc: 0.93mg (6.23%), Iron: 1.07mg (5.93%), Vitamin B1: 0.08mg (5.6%), Vitamin B5: 0.56mg (5.59%), Vitamin B6: 0.1mg (5.21%), Calcium: 51.89mg (5.19%),

Potassium: 180.11mg (5.15%), Folate: 15.87µg (3.97%)