



Ann's Rice Pilaf

READY IN



35 min.

SERVINGS



4

CALORIES



317 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.3 cup butter
- ☐ 2 teaspoons chicken soup base
- ☐ 0.8 cup broken pieces vermicelli pasta
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon greek seasoning to taste
- ☐ 2 cups water
- ☐ 1 cup rice long grain white

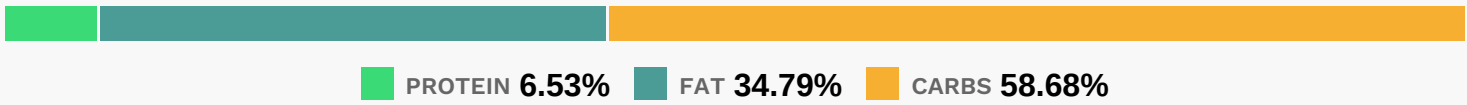
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Dissolve chicken bouillon in water in a bowl.
- ☐ Melt butter in a skillet over medium-high heat. Cook and stir vermicelli pieces until golden brown, about 5 minutes.
- ☐ Pour bouillon mixture into the skillet with the vermicelli.
- ☐ Stir rice, black pepper, salt, and Greek seasoning into the vermicelli mixture and bring to a boil. Cover and reduce heat to low; simmer until rice is tender and liquid is absorbed, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:47.55, Glycemic Load:25.7, Inflammation Score:-3, Nutrition Score:5.7778260949189%

Nutrients (% of daily need)

Calories: 317.02kcal (15.85%), Fat: 12.15g (18.69%), Saturated Fat: 7.45g (46.58%), Carbohydrates: 46.1g (15.37%), Net Carbohydrates: 44.88g (16.32%), Sugar: 0.55g (0.62%), Cholesterol: 30.63mg (10.21%), Sodium: 629.74mg (27.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.26%), Manganese: 0.69mg (34.39%), Selenium: 14.55µg (20.79%), Copper: 0.16mg (8.1%), Phosphorus: 80.76mg (8.08%), Vitamin A: 362.54IU (7.25%), Vitamin B5: 0.55mg (5.49%), Magnesium: 21.25mg (5.31%), Vitamin B3: 0.98mg (4.91%), Vitamin B6: 0.1mg (4.9%), Fiber: 1.22g (4.87%), Zinc: 0.7mg (4.69%), Iron: 0.69mg (3.85%), Vitamin K: 3.78µg (3.6%), Calcium: 31.45mg (3.15%), Vitamin E: 0.46mg (3.06%), Vitamin B1: 0.05mg (3.02%), Potassium: 95.36mg (2.72%), Vitamin B2: 0.04mg (2.42%), Folate: 7.29µg (1.82%)