



Basil Rice Pilaf

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



316 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons basil fresh chopped
- 2 teaspoons juice of lemon fresh
- 2 teaspoons olive oil
- 17.6 ounce microwavable rice pilaf

Equipment

- bowl
- microwave

Directions

- Microwave rice pilaf according to package directions; pour rice into a serving bowl.
- Stir in basil, lemon juice, and olive oil; serve immediately.
- Note: For testing purposes only, we used Uncle Ben's Rice Pilaf Ready Rice for microwavable rice pilaf.

Nutrition Facts



Properties

Glycemic Index:21.86, Glycemic Load:40.02, Inflammation Score:-1, Nutrition Score:6.2947826592819%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 315.84kcal (15.79%), Fat: 1.89g (2.91%), Saturated Fat: 0.33g (2.09%), Carbohydrates: 66.62g (22.21%), Net Carbohydrates: 65.52g (23.83%), Sugar: 0.14g (0.16%), Cholesterol: 0mg (0%), Sodium: 4.23mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.91%), Manganese: 0.91mg (45.63%), Selenium: 12.56µg (17.94%), Phosphorus: 96.14mg (9.61%), Copper: 0.19mg (9.29%), Vitamin B5: 0.85mg (8.47%), Vitamin B6: 0.14mg (6.91%), Vitamin B3: 1.34mg (6.69%), Zinc: 0.91mg (6.08%), Magnesium: 21.32mg (5.33%), Fiber: 1.1g (4.39%), Vitamin B1: 0.06mg (3.92%), Iron: 0.7mg (3.86%), Vitamin K: 3.65µg (3.48%), Potassium: 99.33mg (2.84%), Calcium: 24.58mg (2.46%), Vitamin B2: 0.04mg (2.44%), Vitamin E: 0.29mg (1.94%), Folate: 7.44µg (1.86%)