



Basmati Pilaf with Vermicelli and Onions



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



222 kcal

SIDE DISH

Ingredients

- ☐ 2 cups rice uncooked
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 cups fat-free less-sodium chicken broth fat-free
- ☐ 0.3 cup fresh flat-leaf parsley fresh chopped
- ☐ 0.3 cup green onions chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 5 teaspoons olive oil
- ☐ 2 ounces vermicelli uncooked

☐ 0.8 cup rio sweet chopped

Equipment

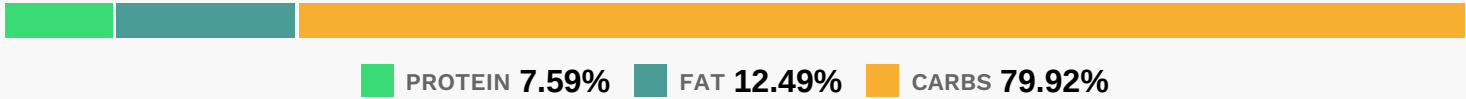
☐ oven

☐ dutch oven

Directions

- ☐ Preheat oven to 35
- ☐ Heat oil in a Dutch oven over medium heat.
- ☐ Add 3/4 cup sweet onion; cook 3 minutes or until tender, stirring frequently.
- ☐ Add basmati rice and pasta; cook 2 minutes or until rice is opaque, stirring frequently. Stir in chicken broth, salt, and black pepper; bring to a boil. Cover and bake at 350 for 15 minutes.
- ☐ Remove from oven.
- ☐ Let stand 15 minutes. Uncover; stir in parsley and green onions.

Nutrition Facts



Properties

Glycemic Index:26.9, Glycemic Load:25.69, Inflammation Score:0, Nutrition Score:6.6160869805709%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 221.95kcal (11.1%), Fat: 3.01g (4.63%), Saturated Fat: 0.44g (2.77%), Carbohydrates: 43.38g (14.46%), Net Carbohydrates: 42.51g (15.46%), Sugar: 0.27g (0.3%), Cholesterol: 0mg (0%), Sodium: 510.33mg (22.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Vitamin K: 38.87µg (37.02%), Manganese: 0.56mg (28.21%), Selenium: 9.95µg (14.22%), Phosphorus: 75.74mg (7.57%), Copper: 0.13mg (6.49%), Vitamin B3: 1.27mg (6.36%), Vitamin B5: 0.59mg (5.85%), Vitamin B6: 0.09mg (4.63%), Zinc: 0.61mg (4.05%), Iron: 0.72mg (4.01%), Vitamin A: 189.45IU (3.79%), Vitamin C: 3.08mg (3.73%), Magnesium: 14.94mg (3.73%), Fiber: 0.87g (3.49%),

Vitamin E: 0.44mg (2.95%), Vitamin B1: 0.04mg (2.93%), Potassium: 100.75mg (2.88%), Vitamin B12: 0.17µg (2.84%),
Vitamin B2: 0.05mg (2.72%), Folate: 9.62µg (2.41%), Calcium: 22.86mg (2.29%)