

Basmati pilaff



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



381 kcal

SIDE DISH

Ingredients

- ☐ 500 g rice
- ☐ 100 g butter
- ☐ 1 large onion finely chopped
- ☐ 1 large sprig thyme sprigs fresh
- ☐ 2 bay leaves
- ☐ 2 cinnamon sticks
- ☐ 8 cardamom pods split
- ☐ 3 cloves

- ☐ 4 lemon zest
- ☐ 1l chicken stock see boiling

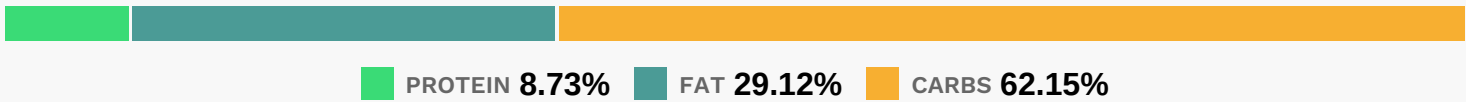
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat the oven to fan 160C/conventional 180C/gas
- ☐ You will need a medium casserole with a lid. Rinse the rice well in a large bowl of water, then drain.
- ☐ Melt two-thirds of the butter in the casserole and saut the onion for about 5 minutes.
- ☐ Add the rice, stir well, then add the herbs, whole spices and lemon zest and cook for a minute. Now pour in the boiling stock or water and mix into the rice, along with 1 tsp sea salt and ground black pepper to taste.
- ☐ Cover and bake for 25 minutes. Leave to stand for 5 minutes, then remove the lid and fork through the remaining butter until the rice is fluffy and separated.

Nutrition Facts



Properties

Glycemic Index:24.15, Glycemic Load:30.53, Inflammation Score:-5, Nutrition Score:10.014347842206%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 381.1kcal (19.06%), Fat: 12.26g (18.86%), Saturated Fat: 6.97g (43.59%), Carbohydrates: 58.86g (19.62%), Net Carbohydrates: 56.33g (20.48%), Sugar: 3.03g (3.36%), Cholesterol: 30.68mg (10.23%), Sodium: 266.43mg (11.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.27g (16.55%), Manganese: 1.47mg (73.32%), Selenium:

12.5µg (17.86%), Vitamin B3: 3.08mg (15.4%), Phosphorus: 119.27mg (11.93%), Copper: 0.23mg (11.39%), Vitamin B6: 0.22mg (10.75%), Fiber: 2.52g (10.09%), Vitamin B2: 0.16mg (9.12%), Potassium: 268mg (7.66%), Vitamin C: 6.18mg (7.49%), Magnesium: 28.8mg (7.2%), Zinc: 1.08mg (7.2%), Vitamin B1: 0.1mg (6.9%), Vitamin B5: 0.68mg (6.84%), Iron: 1.23mg (6.81%), Vitamin A: 328.24IU (6.56%), Calcium: 50.25mg (5.03%), Folate: 15.84µg (3.96%), Vitamin E: 0.44mg (2.9%), Vitamin K: 1.65µg (1.57%)