



Basmati Rice Pilaf

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



260 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup rice uncooked
- 1 bay leaf
- 1.5 cups chicken stock see
- 0.3 cup onion diced finely
- 4 servings salt to taste
- 1 tablespoon butter unsalted
- 1 tablespoon vegetable oil

Equipment

sauce pan

Directions

- Heat chicken stock in a saucepan until boiling; keep hot until ready to use.
- Heat vegetable oil in a 2 quart saucepan over medium-high heat. Cook and stir onion and bay leaf in the hot oil until onion is tender, about 5 minutes.
- Stir basmati rice into onion mixture until rice is coated with oil.
- Pour hot chicken stock into the rice mixture. Season with salt; stir.
- Bring rice mixture to a boil; cover and reduce heat to medium-low. Continue simmering until rice is tender and liquid is absorbed, about 20 minutes.
- Remove saucepan from heat and discard bay leaf.
- Add butter and fluff the rice with a fork.

Nutrition Facts



PROTEIN 8.92% **FAT 26.85%** **CARBS 64.23%**

Properties

Glycemic Index:22.05, Glycemic Load:22.46, Inflammation Score:-2, Nutrition Score:5.4365217922174%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 260.44kcal (13.02%), Fat: 7.64g (11.75%), Saturated Fat: 2.69g (16.83%), Carbohydrates: 41.11g (13.7%), Net Carbohydrates: 40.33g (14.67%), Sugar: 1.9g (2.12%), Cholesterol: 10.23mg (3.41%), Sodium: 325.59mg (14.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.41%), Manganese: 0.52mg (25.94%), Selenium: 9.05µg (12.93%), Vitamin B3: 2.18mg (10.88%), Phosphorus: 81.26mg (8.13%), Copper: 0.16mg (7.75%), Vitamin B6: 0.14mg (7.16%), Vitamin K: 6.76µg (6.44%), Vitamin B2: 0.1mg (6.07%), Vitamin B5: 0.49mg (4.85%), Potassium: 163.3mg (4.67%), Vitamin B1: 0.07mg (4.58%), Zinc: 0.65mg (4.34%), Magnesium: 16.27mg (4.07%), Iron: 0.59mg (3.3%), Fiber: 0.78g (3.11%), Vitamin E: 0.44mg (2.93%), Folate: 10.25µg (2.56%), Calcium: 19.12mg (1.91%), Vitamin A: 91.91IU (1.84%), Vitamin C: 0.93mg (1.13%)