



Basmati Rice Pilaf with Prosciutto, Garbanzo Beans and Orzo

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



380 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons torn basil leaves fresh
- ☐ 1 cup rice
- ☐ 1 bay leaf
- ☐ 0.3 cup diced and bell peppers green red seeded
- ☐ 1 cup garbanzo beans drained and rinsed canned
- ☐ 0.3 cup diced carrot
- ☐ 0.5 juice of lemon

- ☐ 6 servings kosher salt and freshly cracked pepper black
- ☐ 3 cups chicken broth low-sodium
- ☐ 2 tablespoons torn mint leaves fresh
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 small onion cut into 1/4-inch dice
- ☐ 1 cup orzo pasta
- ☐ 4 ounces pancetta sliced roughly chopped
- ☐ 0.3 cup scallions sliced

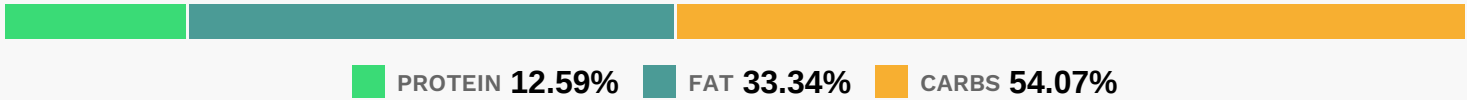
Equipment

- ☐ pot

Directions

- ☐ Bring the oil to medium-high heat in a medium, heavy-bottomed pot with a tightly fitting lid.
- ☐ Add the prosciutto and crisp until it is lightly golden and the fat renders, about 1 minute.
- ☐ Add the carrots, peppers and onions and cook until softened, about 3 minutes. Stir in the orzo and rice. Toast until the grains are all evenly coated with oil, about 3 minutes.
- ☐ Pour the broth and lemon juice into the same pot. Bring to a boil.
- ☐ Add the garbanzos and bay leaf and stir to combine. Cover, reduce the heat to medium-low and simmer until the orzo and rice are tender.
- ☐ Remove from the heat once the liquid is fully absorbed, 12 to 15 minutes.
- ☐ Let the pilaf stand, covered, for 5 full minutes. Fluff with two forks, remove the bay leaf and season with salt and pepper. Stir in the scallions and serve garnished with the basil and mint leaves.

Nutrition Facts



Properties

Glycemic Index:54.89, Glycemic Load:23.84, Inflammation Score:-7, Nutrition Score:12.136087044426%

Flavonoids

Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 379.64kcal (18.98%), Fat: 14.06g (21.63%), Saturated Fat: 3.57g (22.29%), Carbohydrates: 51.31g (17.1%), Net Carbohydrates: 48.19g (17.52%), Sugar: 1.92g (2.13%), Cholesterol: 12.47mg (4.16%), Sodium: 439mg (19.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.95g (23.9%), Manganese: 0.86mg (42.84%), Selenium: 24.9µg (35.56%), Vitamin A: 1073.97IU (21.48%), Phosphorus: 177.03mg (17.7%), Vitamin B3: 3.49mg (17.43%), Vitamin B6: 0.32mg (15.99%), Vitamin K: 15.47µg (14.73%), Copper: 0.27mg (13.66%), Fiber: 3.12g (12.48%), Vitamin C: 8.61mg (10.43%), Potassium: 340.13mg (9.72%), Magnesium: 36.98mg (9.25%), Zinc: 1.3mg (8.68%), Iron: 1.5mg (8.33%), Vitamin B1: 0.12mg (8.13%), Vitamin B5: 0.66mg (6.56%), Vitamin E: 0.91mg (6.05%), Vitamin B2: 0.1mg (5.98%), Folate: 23.2µg (5.8%), Calcium: 42.86mg (4.29%), Vitamin B12: 0.21µg (3.54%)