



Brown Rice Pilaf with Green Olives and Lemon

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



259 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup basil chopped for garnish
- ☐ 1 bay leaf
- ☐ 0.5 cup flat-leaf parsley chopped
- ☐ 6 garlic minced
- ☐ 4 ounces aged goat cheese shaved with a vegetable peeler
- ☐ 6 ounces olives green pitted halved
- ☐ 12 servings kosher salt
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 1 tablespoon lemon zest grated
- ☐ 2 tablespoons olive oil extra-virgin plus more for drizzling
- ☐ 2 onions finely chopped
- ☐ 12 servings pepper freshly ground
- ☐ 3 cups short-grain brown rice
- ☐ 1 thyme sprig
- ☐ 10 cups water

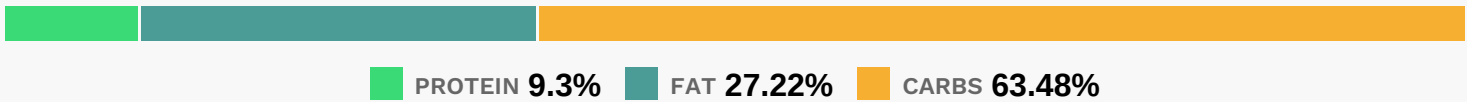
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a large saucepan, heat the 2 tablespoons of oil.
- ☐ Add the onions and garlic and cook over moderate heat, stirring occasionally, until softened, 8 minutes.
- ☐ Add the water, rice, thyme and bay leaf and bring to a boil for 1 minute.
- ☐ Remove from the heat, cover and let stand for 30 minutes.
- ☐ Stir 1 tablespoon of salt into the rice. Cover and simmer over low heat, stirring occasionally, until most of the water has been absorbed, about 30 minutes.
- ☐ Remove from the heat; discard the bay leaf and thyme. Stir in the olives, parsley, chopped basil, lemon juice and lemon zest and season with salt and pepper. Spoon the rice into bowls.
- ☐ Drizzle with olive oil and garnish with the goat cheese and basil leaves; serve.

Nutrition Facts



Properties

Glycemic Index:24.56, Glycemic Load:21.94, Inflammation Score:-6, Nutrition Score:13.716086960357%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 259.13kcal (12.96%), Fat: 7.9g (12.15%), Saturated Fat: 2.27g (14.2%), Carbohydrates: 41.44g (13.81%), Net Carbohydrates: 38.73g (14.09%), Sugar: 1.09g (1.21%), Cholesterol: 4.35mg (1.45%), Sodium: 464.1mg (20.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.14%), Manganese: 1.96mg (97.76%), Vitamin K: 45.11µg (42.96%), Magnesium: 80.94mg (20.24%), Phosphorus: 166.72mg (16.67%), Vitamin B6: 0.33mg (16.47%), Vitamin B1: 0.23mg (15.41%), Copper: 0.28mg (13.83%), Vitamin B3: 2.31mg (11.53%), Fiber: 2.7g (10.82%), Vitamin C: 7.47mg (9.06%), Vitamin B5: 0.86mg (8.65%), Zinc: 1.21mg (8.06%), Iron: 1.43mg (7.96%), Vitamin A: 396.3IU (7.93%), Vitamin E: 0.93mg (6.19%), Potassium: 197.12mg (5.63%), Calcium: 56.17mg (5.62%), Folate: 20.11µg (5.03%), Vitamin B2: 0.07mg (4.08%), Selenium: 0.71µg (1.02%)