

SIDE DISH

Fruited Rice Pilaf

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$0.59	199 kcal

Fruited Rice Pilaf takes around 45 minutes from beginning to end. This recipe makes 8 servings with 283 calories, 5g of protein, and 6g of fat each. For 59 cents per serving, this recipe covers 6% of your daily requirements of vitamins and minerals. This recipe is liked by 1 foodies and cooks.

Ingredients

☐ 1 tablespoon butter or margarine	☐ 2 tablespoons chopped fresh parsley
☐ 2 garlic cloves, minced	☐ 1 cup golden raisins
☐ 1 tablespoon olive oil	☐ ½ small onion, diced
☐ ¼ cup pine nuts, toasted	☐ 1 cup uncooked long-grain rice
☐ ½ teaspoon salt	☐ 2¼ cups water

EQUIPMENT Sauce pan

Method

- 1 Melt butter in olive oil in a large saucepan over medium heat; add onion, and saut 4 to 5 minutes or until tender.
- 2 Add garlic and next 3 ingredients; cook, stirring constantly, 3 to 4 minutes.
- 3 Add 2 1/4 cups water and 1/2 teaspoon salt. Bring to a boil; reduce heat to low, cover, and simmer 17 to 20 minutes or until liquid is absorbed and rice is tender. Stir in parsley.
- 4 Charles and Judy Russell, Birmingham, Alabama

Nutrition per serving

199

KCAL

3 g

PROTEIN

6 g

FAT

34 g

CARBS

Saturated Fat

0.8 g · 5% of daily needs

Fibre

1.3 g · 5% of daily needs

Sugar

11.1 g · 12% of daily needs

Sodium

169 mg · 7% of daily needs

Cholesterol

0 mg · 0% of daily needs

Vitamin C

2.5 mg · 3% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/fruited-rice-pilaf-148500