



Greek Rice Pilaf



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



319 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 bay leaves
- ☐ 21 ounce beef consomme canned
- ☐ 0.3 cup butter
- ☐ 1 bunch celery chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 8 servings garnish: green onions sliced
- ☐ 1 medium onion chopped
- ☐ 0.5 teaspoon pepper

- ☐ 3 cups rice uncooked quick
- ☐ 0.5 teaspoon salt

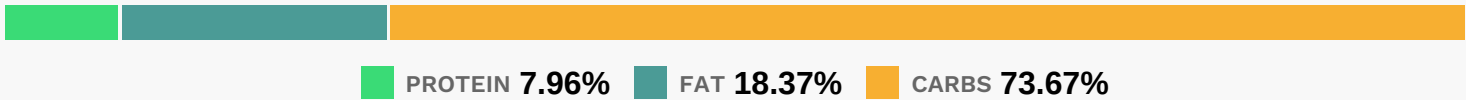
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Melt butter in a large skillet over medium-high heat; add rice, celery, and onion, and saute 5 minutes or until vegetables are tender.
- ☐ Stir in consomme and next 4 ingredients.
- ☐ Pour mixture into a lightly greased 13- x 9-inch baking dish.
- ☐ Bake, covered, at 350 for 45 minutes or until rice is done.
- ☐ Remove bay leaves.
- ☐ Garnish, if desired.
- ☐ Prep: 15 min.,
- ☐ Bake: 45 min
- ☐ Note: For testing purposes only, we used Minute rice.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:33.81, Inflammation Score:-5, Nutrition Score:8.9486956285394%

Flavonoids

Apigenin: 4.18mg, Apigenin: 4.18mg, Apigenin: 4.18mg, Apigenin: 4.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 3.46mg, Quercetin:

3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 318.7kcal (15.93%), Fat: 6.39g (9.83%), Saturated Fat: 1.41g (8.79%), Carbohydrates: 57.67g (19.22%), Net Carbohydrates: 56.19g (20.43%), Sugar: 0.89g (0.99%), Cholesterol: 0mg (0%), Sodium: 499.13mg (21.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.45%), Vitamin K: 44.96µg (42.82%), Manganese: 0.82mg (40.91%), Selenium: 11.13µg (15.9%), Phosphorus: 99.84mg (9.98%), Vitamin A: 498.01IU (9.96%), Vitamin B3: 1.78mg (8.91%), Copper: 0.17mg (8.47%), Vitamin B5: 0.77mg (7.67%), Vitamin B6: 0.15mg (7.43%), Fiber: 1.48g (5.91%), Vitamin C: 4.83mg (5.86%), Magnesium: 23.38mg (5.85%), Zinc: 0.83mg (5.55%), Iron: 0.96mg (5.34%), Potassium: 184.92mg (5.28%), Folate: 18.32µg (4.58%), Vitamin B1: 0.06mg (4.21%), Calcium: 39.15mg (3.91%), Vitamin B2: 0.07mg (3.88%), Vitamin E: 0.36mg (2.41%)