



Herbed Brown Rice Pilaf

READY IN



67 min.

SERVINGS



4

CALORIES



216 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup brown rice long-grain
- ☐ 1 tablespoon butter
- ☐ 2.5 cups chicken broth warmed
- ☐ 3 tablespoons flat-leaf parsley fresh chopped
- ☐ 2 sprigs thyme leaves fresh
- ☐ 1 clove garlic smashed
- ☐ 3 green onions thinly sliced
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 shallots chopped

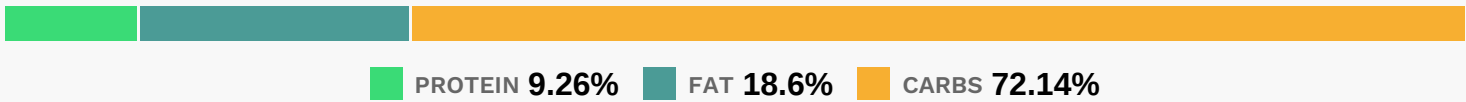
Equipment

☐ sauce pan

Directions

- ☐ Melt the butter in a 2-quart saucepan over medium heat.
- ☐ Add the shallot and saute until tender.
- ☐ Add the rice and stir until the rice is glossy and coated with the butter. Season with salt and pepper.
- ☐ Add the stock, garlic and thyme. Cover with a tight fitting lid. Cook 40 minutes, turn off the heat and let sit for 10 minutes.
- ☐ Remove the thyme sprigs and garlic. Fluff with a fork and add parsley and green onions.

Nutrition Facts



Properties

Glycemic Index:69.44, Glycemic Load:20.82, Inflammation Score:-7, Nutrition Score:13.967826260173%

Flavonoids

Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 215.94kcal (10.8%), Fat: 4.48g (6.89%), Saturated Fat: 2.08g (13.02%), Carbohydrates: 39.1g (13.03%), Net Carbohydrates: 36.87g (13.41%), Sugar: 1.37g (1.52%), Cholesterol: 10.46mg (3.49%), Sodium: 767.14mg (33.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.04%), Manganese: 1.9mg (95.23%), Vitamin K: 68.14µg (64.89%), Magnesium: 75.07mg (18.77%), Vitamin B1: 0.24mg (16.01%), Phosphorus: 142.61mg (14.26%), Vitamin B6: 0.28mg (14.13%), Vitamin B3: 2.48mg (12.41%), Vitamin A: 456.92IU (9.14%), Fiber: 2.23g (8.94%), Copper: 0.18mg (8.81%), Vitamin C: 7.22mg (8.75%), Iron: 1.45mg (8.08%), Zinc: 1.18mg (7.84%), Vitamin B5: 0.77mg (7.7%), Vitamin B2: 0.12mg (7.23%), Potassium: 223.01mg (6.37%), Folate: 22.3µg (5.57%), Calcium: 38.83mg (3.88%), Vitamin E: 0.22mg (1.43%), Selenium: 0.86µg (1.23%)