



Herbed Brown Rice Pilaf



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



57 min.

SERVINGS



4

CALORIES



120 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 cup brown rice uncooked
- ☐ 0.3 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 0.5 teaspoon rosemary fresh minced
- ☐ 0.8 teaspoon thyme leaves fresh chopped
- ☐ 2 teaspoons olive oil

- ☐ 0.7 cup onion chopped
- ☐ 0.3 teaspoon salt

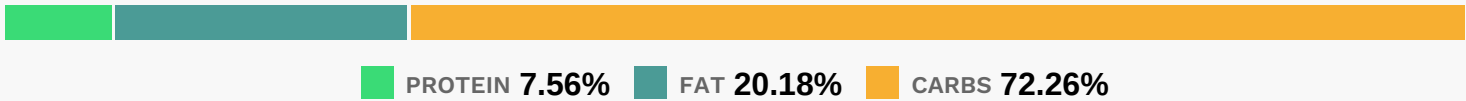
Equipment

- ☐ frying pan

Directions

- ☐ Cook rice according to package directions, omitting salt and fat.
- ☐ While rice cooks, heat a medium skillet over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add onion, celery, and carrot; saut 5 minutes or until tender.
- ☐ Remove from heat; stir in parsley and remaining ingredients.
- ☐ Add vegetable mixture to cooked rice; fluff with a fork.
- ☐ Serve immediately.
- ☐ Tip: Chop all your vegetables and herbs in the morning so when you come home from work, the recipe is a cinch to complete.

Nutrition Facts



Properties

Glycemic Index:68.4, Glycemic Load:11.05, Inflammation Score:-8, Nutrition Score:8.0926087278387%

Flavonoids

Apigenin: 2.53mg, Apigenin: 2.53mg, Apigenin: 2.53mg, Apigenin: 2.53mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg

Nutrients (% of daily need)

Calories: 120.28kcal (6.01%), Fat: 2.72g (4.19%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 21.92g (7.31%), Net Carbohydrates: 20.13g (7.32%), Sugar: 1.69g (1.88%), Cholesterol: 0mg (0%), Sodium: 163.63mg (7.11%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 2.29g (4.59%), Manganese: 0.96mg (48.22%), Vitamin A: 1496.46IU (29.93%), Vitamin K: 22.57µg (21.49%), Magnesium: 40.2mg (10.05%), Vitamin B6: 0.18mg (8.78%), Vitamin B1: 0.12mg (7.96%), Phosphorus: 77.35mg (7.73%), Fiber: 1.79g (7.16%), Vitamin B3: 1.19mg (5.97%), Vitamin C: 4.77mg (5.78%), Potassium: 169.8mg (4.85%), Vitamin B5: 0.45mg (4.47%), Copper: 0.09mg (4.44%), Folate: 17.59µg (4.4%), Zinc: 0.58mg (3.86%), Iron: 0.68mg (3.78%), Vitamin E: 0.39mg (2.59%), Calcium: 24.99mg (2.5%), Vitamin B2: 0.03mg (1.89%)