



How to Make Classic Rice Pilaf



Vegetarian



Gluten Free



Popular

READY IN



65 min.

SERVINGS



6

CALORIES



347 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 3 cups chicken stock see
- ☐ 2 tablespoons olive oil
- ☐ 0.5 onion chopped
- ☐ 1.5 teaspoons salt
- ☐ 2 cups rice long-grain white

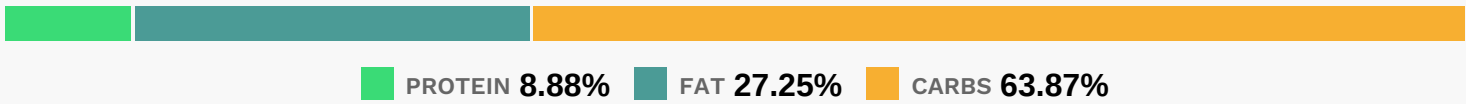
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ casserole dish
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Melt butter and olive oil in a large saucepan over medium heat.
- ☐ Add onion; cook and stir until onion is lightly browned, 7 to 8 minutes.
- ☐ Remove from heat.
- ☐ Combine rice and onion mixture in a 9x13-inch casserole dish placed on a baking sheet. Stir thoroughly to coat the rice.
- ☐ Combine chicken stock, salt, saffron, and cayenne pepper in a saucepan. Bring to a boil, reduce heat to low, and simmer for 5 minutes.
- ☐ Pour chicken stock mixture over rice in the casserole dish and stir to combine.
- ☐ Spread mixture evenly along the bottom of the pan. Cover tightly with heavy-duty aluminum foil.
- ☐ Bake in the preheated oven for 35 minutes.
- ☐ Remove from oven and allow to rest, covered, for 10 minutes.
- ☐ Remove foil and fluff with a fork to separate the grains of rice.

Nutrition Facts



Properties

Glycemic Index:28.36, Glycemic Load:29.87, Inflammation Score:-2, Nutrition Score:7.0421738780063%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 346.93kcal (17.35%), Fat: 10.32g (15.88%), Saturated Fat: 3.55g (22.16%), Carbohydrates: 54.44g (18.15%), Net Carbohydrates: 53.46g (19.44%), Sugar: 2.37g (2.63%), Cholesterol: 13.63mg (4.54%), Sodium: 786.54mg (34.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.57g (15.14%), Manganese: 0.69mg (34.3%), Selenium: 12.05µg (17.22%), Vitamin B3: 2.9mg (14.51%), Phosphorus: 107.34mg (10.73%), Copper: 0.2mg (10.24%), Vitamin B6: 0.19mg (9.38%), Vitamin B2: 0.14mg (8.06%), Vitamin B5: 0.64mg (6.42%), Potassium: 213.26mg (6.09%), Vitamin E: 0.91mg (6.07%), Vitamin B1: 0.09mg (5.99%), Zinc: 0.86mg (5.76%), Magnesium: 21.37mg (5.34%), Iron: 0.8mg (4.46%), Fiber: 0.98g (3.92%), Vitamin K: 3.54µg (3.37%), Folate: 12.9µg (3.23%), Vitamin A: 155.08IU (3.1%), Calcium: 24.63mg (2.46%), Vitamin C: 0.98mg (1.19%)