

Lemon Rice Pilaf

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



6

CALORIES



298 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaves
- 2 tablespoons butter
- 29 ounce chicken broth light fat free canned
- 2 tablespoons parsley fresh minced
- 2 tablespoons juice of lemon
- 1 teaspoon lemon zest grated
- 2 cups rice long grain uncooked
- 1 medium onion minced

- 2 tablespoons pinenuts toasted
- 6 servings salt and pepper

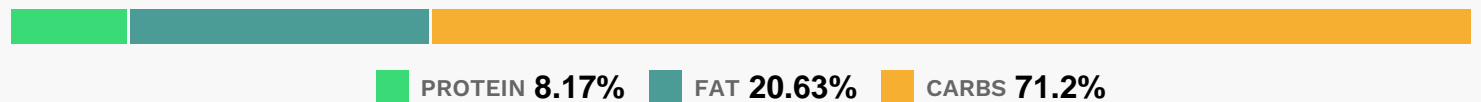
Equipment

- sauce pan

Directions

- In a large saucepan, cook onion in butter for 3 minutes; add rice, stirring to coat.
- Add broth, lemon juice, peel and bay leaf.
- Heat to a boil; reduce heat to low. Cover and cook 15 to 20 minutes or until liquid is absorbed.
- Remove from heat; let stand 5 minutes.
- Remove bay leaf, stir in parsley and nuts. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:20.03, Glycemic Load:30.07, Inflammation Score:-4, Nutrition Score:8.5813042910203%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 298.41kcal (14.92%), Fat: 6.77g (10.42%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 52.59g (17.53%), Net Carbohydrates: 51.26g (18.64%), Sugar: 1.71g (1.9%), Cholesterol: 2.74mg (0.91%), Sodium: 750.85mg (32.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.07%), Manganese: 1.06mg (52.78%), Vitamin K: 23.8µg (22.67%), Selenium: 9.98µg (14.26%), Copper: 0.21mg (10.53%), Phosphorus: 103.19mg (10.32%), Vitamin B2: 0.13mg (7.51%), Vitamin B3: 1.48mg (7.4%), Magnesium: 28.17mg (7.04%), Zinc: 1.03mg (6.89%), Vitamin B5: 0.69mg (6.87%), Vitamin C: 5.54mg (6.71%), Vitamin B6: 0.13mg (6.55%), Vitamin B1: 0.1mg (6.37%), Vitamin A: 284.82IU

(5.7%), Fiber: 1.34g (5.34%), Iron: 0.91mg (5.06%), Potassium: 157.41mg (4.5%), Vitamin E: 0.6mg (4%), Calcium: 31.74mg (3.17%), Folate: 12.7µg (3.17%)