



Lemon Rice Pilaf

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



141 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 4 rib celery sliced
- 3 cups rice hot cooked
- 6 green onions chopped
- 2 tablespoons lemon rind grated
- 0.3 teaspoon pepper
- 0.5 teaspoon salt

Equipment

frying pan

Directions

Melt butter in a large skillet over medium–high heat; add celery and green onions, and saut until celery is tender. Stir in rice and remaining ingredients; cook over low heat 2 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:24.11, Inflammation Score:-3, Nutrition Score:4.5439130825841%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 141.34kcal (7.07%), Fat: 4.01g (6.17%), Saturated Fat: 0.85g (5.29%), Carbohydrates: 23.57g (7.86%), Net Carbohydrates: 22.7g (8.25%), Sugar: 0.41g (0.46%), Cholesterol: 0mg (0%), Sodium: 241.18mg (10.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Vitamin K: 25.17µg (23.97%), Manganese: 0.4mg (20.19%), Selenium: 6.02µg (8.6%), Vitamin C: 4.87mg (5.9%), Vitamin A: 291.02IU (5.82%), Vitamin B6: 0.09mg (4.27%), Phosphorus: 40.01mg (4%), Fiber: 0.87g (3.49%), Copper: 0.07mg (3.39%), Vitamin B5: 0.33mg (3.3%), Magnesium: 12.54mg (3.14%), Zinc: 0.44mg (2.94%), Folate: 10.61µg (2.65%), Calcium: 21.38mg (2.14%), Iron: 0.36mg (2.01%), Potassium: 68.81mg (1.97%), Vitamin B3: 0.39mg (1.96%), Vitamin E: 0.25mg (1.67%), Vitamin B1: 0.02mg (1.62%), Vitamin B2: 0.02mg (1.4%)