

SIDE DISH

Onion Rice Pilaf

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$0.81	174 kcal

Onion Rice Pilaf might be a good recipe to expand your hor d'oeuvre repertoire. One portion of this dish contains around 4g of protein, 2g of fat, and a total of 200 calories. This recipe serves 8. For 81 cents per serving, this recipe covers 6% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 1½ cups uncooked basmati rice
- ☐ ¼ cup chopped fresh parsley
- ☐ 2 teaspoons olive oil
- ☐ 2 ounces uncooked vermicelli, broken into 1/2-inch pieces
- ☐ ½ medium size sweet onion, chopped
- ☐ 29 ounce fat-free reduced-sodium chicken broth
canned
- ☐ 2 garlic cloves, minced
- ☐ ¼ teaspoon pepper
- ☐ ¼ teaspoon salt

EQUIPMENT Sauce pan, Oven

Method

- 1

Saut onion in hot oil in an ovenproof saucepan 5 minutes.
- 2

Add minced garlic, rice, and vermicelli; saut 2 minutes, stirring constantly. Stir in broth, salt, and pepper.
- 3

Bake, covered, at 350 for 25 minutes or until liquid is absorbed.

4 Let stand 5 minutes. Stir in parsley.

Nutrition per serving

174	4 g	1 g	36 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.2 g · 1% of daily needs
Fibre			0.8 g · 3% of daily needs
Sugar			1.3 g · 1% of daily needs
Sodium			510 mg · 22% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			3.7 mg · 5% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/onion-rice-pilaf-148486