



Orange Rice Pilaf



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



205 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups chicken broth
- ☐ 6 green onions sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon orange rind grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups rice long-grain white uncooked

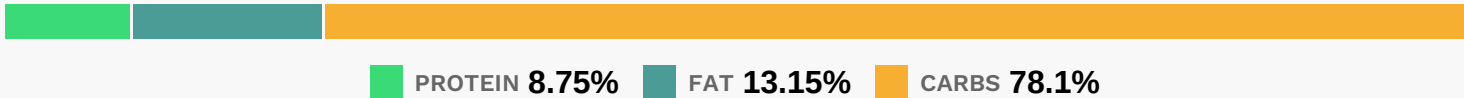
Equipment

- ☐ sauce pan
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Saut bell pepper and green onions in hot oil in a medium saucepan over medium-high heat 5 to 7 minutes or until tender. Stir in rice, and saut 1 minute. Stir in broth, and bring to a boil. Cover, reduce heat, and simmer 20 minutes or until rice is tender. Stir in remaining ingredients.
- ☐ Tip: To make ahead, cook bell pepper, green onions, and rice according to directions. Refrigerate. At serving time, reheat in a microwave-safe serving dish covered loosely with plastic wrap; stir in orange rind, salt, and pepper just before serving.

Nutrition Facts



Properties

Glycemic Index:26.2, Glycemic Load:22.6, Inflammation Score:-5, Nutrition Score:7.6852173753407%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 204.74kcal (10.24%), Fat: 2.95g (4.54%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 39.43g (13.14%), Net Carbohydrates: 38.13g (13.86%), Sugar: 1.36g (1.51%), Cholesterol: 2.35mg (0.78%), Sodium: 634.54mg (27.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.83%), Manganese: 0.6mg (30.07%), Vitamin K: 27.04µg (25.75%), Vitamin C: 19.51mg (23.65%), Selenium: 7.55µg (10.79%), Vitamin A: 515.41IU (10.31%), Copper: 0.13mg (6.68%), Vitamin B2: 0.11mg (6.66%), Phosphorus: 65.9mg (6.59%), Vitamin B6: 0.12mg (6.07%), Vitamin B3: 1.19mg (5.96%), Vitamin B5: 0.53mg (5.34%), Fiber: 1.3g (5.2%), Vitamin B1: 0.07mg (4.78%), Vitamin E: 0.7mg (4.66%), Zinc: 0.67mg (4.45%), Folate: 17.41µg (4.35%), Magnesium: 17mg (4.25%), Iron: 0.71mg (3.97%), Potassium: 136.95mg (3.91%), Calcium: 29.28mg (2.93%)