



Parmesan-Black Pepper Arborio Rice Pilaf



Gluten Free

Image not found or type unknown

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

270 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups arborio rice rinsed
- ☐ 1 tablespoon butter
- ☐ 1 teaspoon coarsely ground pepper
- ☐ 1 quart chicken broth low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion finely chopped
- ☐ 0.8 cup parmesan cheese grated
- ☐ 8 servings salt to taste

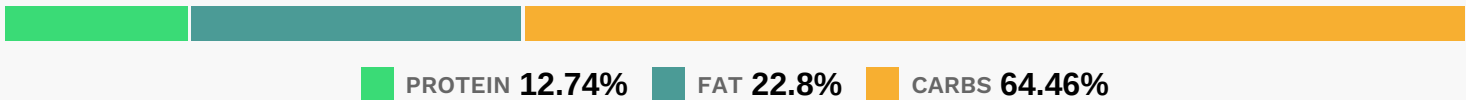
Equipment

☐ sauce pan

Directions

- ☐ Heat butter and oil in a large saucepan over medium-high heat.
- ☐ Add onion; saute until softened, 3 to 4 minutes.
- ☐ Add rice; stir to coat. (Can turn off heat and let stand several hours.)
- ☐ Add broth, cover, and bring to a simmer. Reduce heat to low and simmer, stirring occasionally, until stock is absorbed and rice is creamy and soft with a little "chew" at the center, about 12 minutes. Stir in cheese and pepper; add salt, if necessary.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:31.52, Inflammation Score:-5, Nutrition Score:9.1621739682944%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 269.54kcal (13.48%), Fat: 6.78g (10.43%), Saturated Fat: 2.88g (18.02%), Carbohydrates: 43.14g (14.38%), Net Carbohydrates: 41.52g (15.1%), Sugar: 0.53g (0.59%), Cholesterol: 11.92mg (3.97%), Sodium: 405.53mg (17.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.53g (17.06%), Folate: 117.82µg (29.45%), Manganese: 0.57mg (28.51%), Vitamin B1: 0.29mg (19.29%), Vitamin B3: 3.7mg (18.49%), Selenium: 10.91µg (15.58%), Phosphorus: 145.78mg (14.58%), Iron: 2.46mg (13.67%), Calcium: 92.78mg (9.28%), Copper: 0.18mg (8.8%), Zinc: 1.09mg (7.29%), Vitamin B5: 0.69mg (6.9%), Fiber: 1.61g (6.45%), Vitamin B6: 0.12mg (5.81%), Vitamin B2: 0.1mg (5.6%), Potassium: 173.56mg (4.96%), Magnesium: 17.31mg (4.33%), Vitamin B12: 0.25µg (4.13%), Vitamin A: 126.37IU (2.53%), Vitamin E: 0.34mg (2.3%), Vitamin K: 1.78µg (1.69%)