



Pilaf-Style Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



28 min.

SERVINGS



4

CALORIES



272 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 teaspoons thyme leaves fresh chopped
- 1 teaspoon kosher salt
- 2 teaspoons lemon zest
- 2 teaspoons olive oil extra-virgin
- 1.5 cups rice long-grain
- 2.3 cups water

Equipment

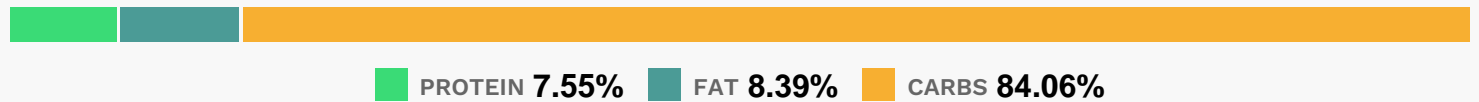
- bowl

sauce pan

Directions

- Heat the oil in a medium saucepan over medium heat.
- Add the rice and cook, stirring, until slightly toasted and golden, about 1 1/2 minutes. Stir in the water and salt, bring to a boil, cover, reduce the heat to medium low and cook for 18 minutes. Then let the rice rest off the heat for 5 minutes please don't lift the lid to give a peek or stir, or the rice will not cook evenly.
- Put the rice in a large serving bowl, fluff and separate the grains with a fork.
- Add lemon zest and/or thyme, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:26.55, Glycemic Load:33.43, Inflammation Score:-7, Nutrition Score:5.6252173211264%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg

Nutrients (% of daily need)

Calories: 272.38kcal (13.62%), Fat: 2.48g (3.81%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 55.87g (18.62%), Net Carbohydrates: 54.72g (19.9%), Sugar: 0.13g (0.14%), Cholesterol: 0mg (0%), Sodium: 591.68mg (25.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.03%), Manganese: 0.77mg (38.67%), Selenium: 10.48µg (14.98%), Copper: 0.18mg (9.04%), Phosphorus: 80.96mg (8.1%), Vitamin B5: 0.71mg (7.11%), Vitamin B6: 0.12mg (5.95%), Vitamin B3: 1.13mg (5.66%), Zinc: 0.79mg (5.28%), Magnesium: 20.44mg (5.11%), Fiber: 1.15g (4.59%), Iron: 0.75mg (4.19%), Vitamin C: 2.89mg (3.5%), Vitamin B1: 0.05mg (3.31%), Calcium: 29.19mg (2.92%), Potassium: 87.61mg (2.5%), Vitamin E: 0.37mg (2.45%), Vitamin B2: 0.04mg (2.32%), Folate: 6.13µg (1.53%), Vitamin K: 1.27µg (1.21%)