



Pilaf with Peppers

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



337 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3.3 cups fat-skimmed chicken broth
- 2 cloves garlic minced pressed peeled
- 0.3 cup olive oil
- 0.5 lb onion peeled chopped
- 3.3 oz pancetta cooked chopped
- 0.5 cup roasted peppers red canned peeled chopped
- 2.5 cups rice long-grain white

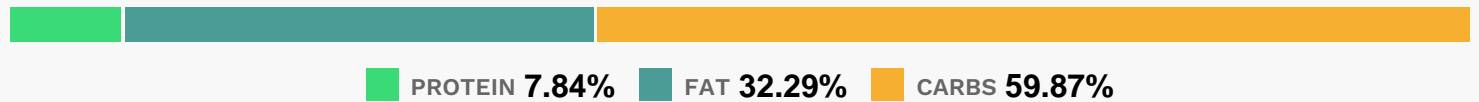
Equipment

- bowl
- frying pan

Directions

- In a 4- to 5-quart nonstick pan over medium-high heat, stir onion, prosciutto, and garlic in olive oil until onion is limp, 4 to 5 minutes.
- Add rice and stir until it begins to turn opaque, about 2 minutes.
- Add broth and red peppers and bring to a boil; reduce heat to low, cover, and simmer until rice is tender to bite, 15 to 20 minutes. Scoop into a bowl.
- Sprinkle with parsley if desired.

Nutrition Facts



Properties

Glycemic Index:14.77, Glycemic Load:28.48, Inflammation Score:-3, Nutrition Score:7.3304347395897%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 336.53kcal (16.83%), Fat: 11.92g (18.34%), Saturated Fat: 2.58g (16.15%), Carbohydrates: 49.74g (16.58%), Net Carbohydrates: 48.38g (17.59%), Sugar: 1.42g (1.58%), Cholesterol: 7.6mg (2.53%), Sodium: 587.16mg (25.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.03%), Manganese: 0.7mg (35.19%), Selenium: 13.4µg (19.14%), Phosphorus: 104.59mg (10.46%), Vitamin B3: 2mg (10.01%), Vitamin B6: 0.2mg (9.88%), Copper: 0.17mg (8.73%), Vitamin B5: 0.81mg (8.06%), Vitamin C: 6.4mg (7.76%), Vitamin E: 1.09mg (7.28%), Vitamin B1: 0.1mg (6.37%), Zinc: 0.86mg (5.72%), Fiber: 1.35g (5.42%), Magnesium: 20.77mg (5.19%), Potassium: 174.9mg (5%), Iron: 0.82mg (4.57%), Vitamin B12: 0.25µg (4.11%), Vitamin K: 4.25µg (4.05%), Vitamin B2: 0.07mg (4.04%), Calcium: 32.08mg (3.21%), Folate: 12.38µg (3.09%), Vitamin A: 50.4IU (1.01%)