



Rice-and-Noodle Pilaf

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



201 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons butter
- ☐ 3 ounces fideo egg noodles uncooked thin
- ☐ 1 cup rice long-grain uncooked
- ☐ 0.3 teaspoon salt
- ☐ 2 cups water boiling

Equipment

- ☐ sauce pan

Directions

- ☐ Melt the butter in a large saucepan over medium heat, and add spaghetti.
- ☐ Saut spaghetti for 5 minutes or until lightly browned.
- ☐ Add the rice, stirring to coat. Stir in the water, salt, and pepper, and bring to a boil. Cover; reduce heat, and simmer for 20 minutes or until the liquid is absorbed.
- ☐ Remove pilaf from heat, and let stand for 10 minutes. Fluff with a fork.

Nutrition Facts



Properties

Glycemic Index:31.2, Glycemic Load:19.09, Inflammation Score:-1, Nutrition Score:4.4565216989621%

Nutrients (% of daily need)

Calories: 200.64kcal (10.03%), Fat: 4.62g (7.11%), Saturated Fat: 2.62g (16.39%), Carbohydrates: 34.81g (11.6%), Net Carbohydrates: 33.92g (12.33%), Sugar: 0.31g (0.34%), Cholesterol: 21.94mg (7.31%), Sodium: 135.38mg (5.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.51%), Manganese: 0.47mg (23.38%), Selenium: 15.88µg (22.68%), Phosphorus: 70.87mg (7.09%), Copper: 0.12mg (6.19%), Vitamin B5: 0.45mg (4.48%), Magnesium: 16.96mg (4.24%), Zinc: 0.62mg (4.14%), Vitamin B6: 0.08mg (4.08%), Vitamin B3: 0.79mg (3.97%), Fiber: 0.89g (3.56%), Vitamin B1: 0.05mg (3.07%), Iron: 0.53mg (2.92%), Vitamin A: 125.86IU (2.52%), Potassium: 72.29mg (2.07%), Calcium: 17.51mg (1.75%), Vitamin B2: 0.03mg (1.74%), Folate: 6.73µg (1.68%), Vitamin E: 0.2mg (1.3%)