



Rice and Noodle Pilaf with Toasted Almonds

READY IN



50 min.

SERVINGS



8

CALORIES



301 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 stick cinnamon (3- to 4-inch)
- ☐ 8 inch lemon zest
- ☐ 1 cup orzo pasta
- ☐ 1 turkish bay leaf or
- ☐ 0.5 stick butter unsalted
- ☐ 5.5 cups water
- ☐ 1.5 cups rice long-grain white
- ☐ 0.5 cup almonds whole with skins (2 1/2 ounces), toasted and coarsely chopped

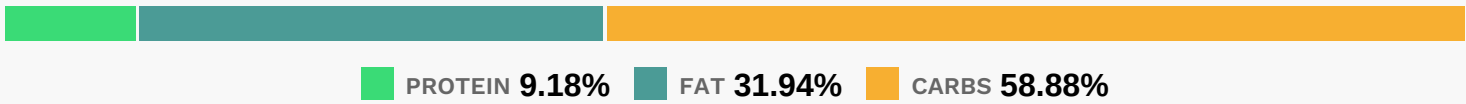
Equipment

- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Melt butter in a 4- to 5-quart heavy pot over medium heat and stir in orzo. Cook, stirring frequently, until orzo is golden, about 5 minutes.
- ☐ Add rice, stirring until coated with butter, then add zest, bay leaf, cinnamon stick, water, 1 1/2 teaspoons salt, and 1/4 teaspoon pepper. Bring to a boil, uncovered, then cover tightly and cook over low heat until water is absorbed and rice and orzo are tender, 25 to 30 minutes.
- ☐ Remove from heat and let stand, covered, 5 minutes.
- ☐ Fluff pilaf with a fork and spoon into a bowl, discarding zest, bay leaf, and cinnamon stick.
- ☐ Serve pilaf with almonds sprinkled on top.
- ☐ · Almonds can be toasted 2 days ahead and kept, covered, at room temperature.· Pilaf, without almonds, can be made 1 day ahead and spread in a 13- by 9-inch baking pan. Cool in pan, uncovered, then chill, covered. Bring to room temperature and sprinkle about 2/3 cup water over top, then reheat, tightly covered with foil, in a 350°F oven, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:14.77, Glycemic Load:22.41, Inflammation Score:-3, Nutrition Score:8.3156522259764%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 300.87kcal (15.04%), Fat: 10.71g (16.48%), Saturated Fat: 4.08g (25.53%), Carbohydrates: 44.44g (14.81%), Net Carbohydrates: 41.76g (15.19%), Sugar: 1.05g (1.17%), Cholesterol: 15.18mg (5.06%), Sodium: 12.06mg (0.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.86%), Manganese: 0.83mg (41.56%), Selenium: 17.56µg (25.08%), Vitamin E: 2.53mg (16.85%), Copper: 0.25mg (12.68%), Phosphorus: 120.61mg (12.06%), Magnesium: 45.17mg (11.29%), Fiber: 2.67g (10.69%), Vitamin B2: 0.13mg (7.93%), Zinc: 0.96mg (6.39%), Vitamin B3: 1.22mg (6.08%), Calcium: 52.16mg (5.22%), Iron: 0.92mg (5.09%), Vitamin B6: 0.1mg (5.06%), Vitamin B5: 0.49mg (4.92%), Potassium: 154.93mg (4.43%), Vitamin B1: 0.06mg (4.1%), Vitamin C: 3.3mg (4%), Vitamin A: 179.91IU (3.6%), Folate: 10.67µg (2.67%)