



## Rice Pilaf

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



311 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 bay leaves
- 2.5 cups chicken broth
- 0.5 cup peas fresh
- 0.3 cup golden raisins
- 1.5 teaspoons kosher salt plus 2 pinches
- 0.5 medium onion finely chopped
- 1 inch orange zest
- 0.3 cup pistachios chopped

- 0.5 medium bell pepper red finely chopped
- 1 pinch saffron threads hot boiling
- 1 tablespoon butter unsalted
- 2 cups rice long-grain white

## Equipment

- oven

## Directions

- Preheat the oven to 35
- Melt the butter in a 3-quart saucier over medium heat.
- Stir in the onion, bell pepper and 2 pinches of salt.
- Decrease the heat to low and sweat until the onion is translucent and aromatic but not browned, 3 to 4 minutes. Increase the heat to medium and add the rice. Cook, stirring frequently, until you smell nuts, another 3 to 4 minutes.
- Add the saffron and its water, the broth, orange zest, bay leaves and the remaining 1 1/2 teaspoons salt. Increase the heat and bring to a boil.
- OK, now the weird part: Thoroughly wet a clean towel, kill the heat, scatter the peas on top of the rice, then place the towel across the top of the saucier. Top with the lid, then fold the towel corners up over the lid.
- Transfer the saucier (towel and all) to the oven and bake 15 minutes.
- Remove and rest at room temperature for 15 more minutes without opening the lid.
- Fish out the orange zest and bay leaves. Turn the pilaf out onto a platter, fluff with a large fork and garnish with the raisins and pistachios.
- Serve family-style, right in the middle of the table.
- Photograph by Hallie Burton

## Nutrition Facts



PROTEIN 9.22%  FAT 14.36%  CARBS 76.42%

## Properties

Glycemic Index:51.53, Glycemic Load:33.2, Inflammation Score:-5, Nutrition Score:9.6052173784246%

## Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

## Nutrients (% of daily need)

Calories: 311.31kcal (15.57%), Fat: 4.95g (7.62%), Saturated Fat: 1.64g (10.22%), Carbohydrates: 59.28g (19.76%), Net Carbohydrates: 56.6g (20.58%), Sugar: 5.96g (6.62%), Cholesterol: 6.97mg (2.33%), Sodium: 950.16mg (41.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.15g (14.3%), Manganese: 0.88mg (43.76%), Vitamin C: 19.28mg (23.37%), Selenium: 10.41µg (14.87%), Vitamin B6: 0.27mg (13.48%), Copper: 0.27mg (13.34%), Phosphorus: 125.89mg (12.59%), Fiber: 2.68g (10.71%), Vitamin B1: 0.15mg (10.08%), Vitamin A: 488.53IU (9.77%), Vitamin B3: 1.7mg (8.51%), Vitamin B2: 0.14mg (8%), Magnesium: 31.02mg (7.76%), Vitamin B5: 0.73mg (7.29%), Potassium: 251.83mg (7.2%), Zinc: 1.07mg (7.13%), Iron: 1.13mg (6.3%), Folate: 22.15µg (5.54%), Vitamin K: 3.96µg (3.77%), Calcium: 37.48mg (3.75%), Vitamin E: 0.46mg (3.08%)