



Rice Pilaf

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



276 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 medium garlic clove finely chopped
- 1.3 teaspoons kosher salt as needed plus more
- 2 cups chicken broth low-sodium
- 0.3 cup parsley fresh italian finely chopped
- 2 tablespoons butter unsalted
- 0.3 cup water
- 2 cups rice long-grain white
- 0.5 medium onion yellow finely chopped

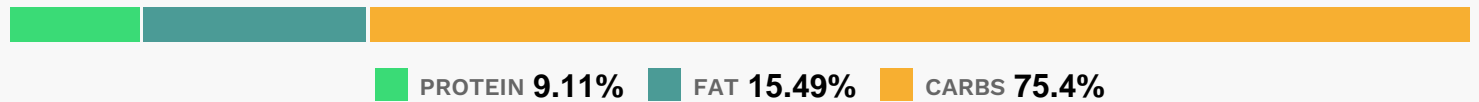
Equipment

- sauce pan
- sieve

Directions

- Place the rice in a fine-mesh strainer and rinse under cold water until the water runs clear; set aside. Melt the butter in a medium saucepan over medium heat.
- Add the onion and garlic, season with salt, and cook, stirring occasionally, until softened, about 5 minutes.
- Add the rinsed rice and cook, stirring occasionally, until the kernels crackle, about 2 minutes.
- Add the stock or broth, water, and measured salt and stir to combine. Increase the heat to high and bring to a boil. Reduce the heat to low, cover with a tightfitting lid, and simmer undisturbed until the rice is tender, about 15 minutes.
- Remove from the heat and let sit covered to steam, about 5 minutes. Fluff with a fork and stir in the parsley. Taste and season with additional salt as needed.

Nutrition Facts



Properties

Glycemic Index:25.03, Glycemic Load:29.94, Inflammation Score:-4, Nutrition Score:7.9065217440543%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 276.44kcal (13.82%), Fat: 4.7g (7.22%), Saturated Fat: 2.66g (16.6%), Carbohydrates: 51.43g (17.14%), Net Carbohydrates: 50.38g (18.32%), Sugar: 0.59g (0.66%), Cholesterol: 10.03mg (3.34%), Sodium: 514.02mg (22.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.43%), Vitamin K: 41.43µg (39.46%), Manganese: 0.7mg (34.83%), Selenium: 9.48µg (13.54%), Vitamin B3: 2.11mg (10.57%), Phosphorus: 100.51mg (10.05%), Copper: 0.19mg

(9.36%), Vitamin A: 327.45IU (6.55%), Vitamin B5: 0.65mg (6.55%), Vitamin B6: 0.13mg (6.43%), Zinc: 0.81mg (5.37%), Vitamin C: 4.16mg (5.04%), Potassium: 169.03mg (4.83%), Iron: 0.85mg (4.7%), Magnesium: 18.7mg (4.67%), Fiber: 1.05g (4.2%), Vitamin B2: 0.06mg (3.58%), Vitamin B1: 0.05mg (3.38%), Calcium: 28.59mg (2.86%), Folate: 10.63µg (2.66%), Vitamin B12: 0.09µg (1.44%), Vitamin E: 0.2mg (1.31%)