



Rice Pilaf



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



6

CALORIES



247 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups rice long grain white (preferably)
- ☐ 2 teaspoons olive oil extra virgin (or chicken fat)
- ☐ 0.5 cup onion chopped (scallions)
- ☐ 0.5 cup celery chopped
- ☐ 1 cups vegetable stock for vegetarian option, or a mix of water and stock (amount depends on the type of rice you are using)
- ☐ 2 teaspoons lawry's seasoned salt
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.1 teaspoon cayenne

- ☐ 0.5 cup parsley fresh chopped

Equipment

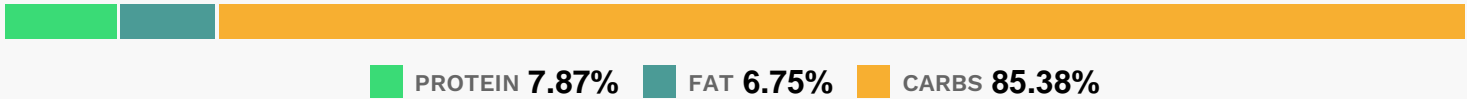
- ☐ frying pan
- ☐ sauce pan
- ☐ kitchen timer

Directions

- ☐ Heat stock in saucepan: Look at the cooking instructions for your rice. If your rice calls for 2 cups of water for every cup of rice then you will need a total of 4 cups of liquid. If your rice calls for 1 2/3 cups of water for every cup of rice, you will need a total of 3 1/3 cups of liquid.
- ☐ You want to cook the rice in a liquid that is primarily stock—chicken stock or vegetable stock. Up to half of the liquid can be plain water, but at least half of the needed liquid should be stock. Homemade stock is the best, of course, and will make a big difference in the quality of the resulting pilaf.
- ☐ Heat the measured amount of stock needed in a saucepan, at least 2-qt sized.
- ☐ Brown the rice, add onions and celery: While the stock is heating, heat a large skillet on medium high heat.
- ☐ Add the olive oil (or chicken fat if you have it) to coat the bottom of the pan. When the oil is hot, add the uncooked rice and brown the rice, stirring occasionally, for a couple of minutes.
- ☐ When the rice has browned, add the onions and celery and cook a few minutes longer, until the onions begin to soften.
- ☐ Add salt, pepper, cayenne: If you are using canned or boxed broth, be careful of how much seasoning you add. We usually use homemade, unsalted chicken stock, so we add 2 teaspoons of salt or seasoned salt along with ground pepper and a dash of cayenne.
- ☐ If you are starting with seasoned broth, you may only need to add a teaspoon of salt. Taste test the broth/stock. It can be a little on the salty side because the rice will absorb a lot of the salt.
- ☐ Add stock, cook the rice:
- ☐ Pour the heated stock into the pan with the rice (or pour the rice mixture into the stock, depending on which pan has a lid).

- ☐
- Bring to a simmer, reduce the heat, cover, and cook for as long as the instructions say on your package of rice. Usually between 15 to 25 minutes. Use a timer.
- ☐
- After the set amount of cooking time, remove the pan from the heat and let sit for 10 minutes, covered. At no point during the cooking of the rice should you uncover the pan.
- ☐
- Fluff with fork, stir in parsley: Fluff with a fork to serve. Stir in chopped parsley. You can also mix in heated peas, toasted almonds, or raisins to the pilaf to make it more interesting.

Nutrition Facts



Properties

Glycemic Index:43.53, Glycemic Load:30.28, Inflammation Score:-5, Nutrition Score:9.8656523124031%

Flavonoids

Apigenin: 11.02mg, Apigenin: 11.02mg, Apigenin: 11.02mg, Apigenin: 11.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 247.48kcal (12.37%), Fat: 1.82g (2.8%), Saturated Fat: 0.31g (1.96%), Carbohydrates: 51.69g (17.23%), Net Carbohydrates: 50.33g (18.3%), Sugar: 1.13g (1.26%), Cholesterol: 0mg (0%), Sodium: 945.03mg (41.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.53%), Vitamin K: 85.55µg (81.48%), Manganese: 0.72mg (35.91%), Selenium: 9.43µg (13.47%), Vitamin A: 560.48IU (11.21%), Vitamin C: 7.93mg (9.61%), Phosphorus: 79.96mg (8%), Copper: 0.15mg (7.66%), Vitamin B5: 0.68mg (6.84%), Vitamin B6: 0.13mg (6.46%), Vitamin B3: 1.1mg (5.5%), Fiber: 1.36g (5.44%), Magnesium: 20.4mg (5.1%), Zinc: 0.76mg (5.09%), Iron: 0.87mg (4.85%), Folate: 18.16µg (4.54%), Potassium: 142.09mg (4.06%), Vitamin B1: 0.06mg (3.71%), Calcium: 31.52mg (3.15%), Vitamin B2: 0.04mg (2.59%), Vitamin E: 0.34mg (2.24%)