



Rice Pilaf Garden Style

READY IN



30 min.

SERVINGS



10

CALORIES



253 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups rice
- ☐ 1.5 cups cremini mushrooms sliced
- ☐ 1 teaspoon lemon zest grated
- ☐ 3 cups chicken stock see low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups orzo pasta
- ☐ 0.5 cup parmesan grated
- ☐ 2 tablespoons parsley leaves italian chopped
- ☐ 1 teaspoon freshly crackled pepper black

- ☐ 1 cup roma tomatoes diced seeded
- ☐ 10 servings salt
- ☐ 0.3 cup shallots minced
- ☐ 1 tablespoon butter unsalted
- ☐ 1.5 cups zucchini shredded

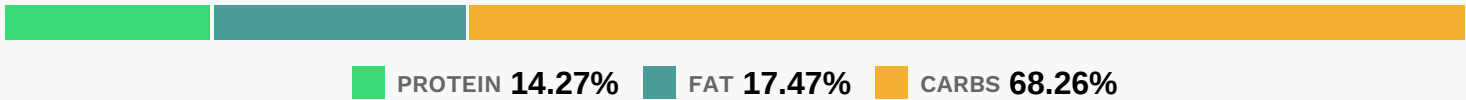
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large pot, heat olive oil and butter over medium-high heat. When the butter melts, add in the rice and pasta.
- ☐ Saute for 4 to 5 minutes, then add the shallots and saute 2 minutes more.
- ☐ Add the zucchini and mushrooms and mix to combine. Stir in the stock and bring the mixture to a simmer. Cover and cook for 14 to 16 minutes.
- ☐ Add the tomatoes, parsley, lemon zest and Parmesan. Season with the black pepper and salt, if needed.
- ☐ Transfer to a serving bowl and serve.

Nutrition Facts



Properties

Glycemic Index:27.72, Glycemic Load:20.73, Inflammation Score:-4, Nutrition Score:9.7556522566339%

Flavonoids

Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 253.04kcal (12.65%), Fat: 4.91g (7.56%), Saturated Fat: 2g (12.5%), Carbohydrates: 43.17g (14.39%), Net Carbohydrates: 41.26g (15%), Sugar: 2.52g (2.8%), Cholesterol: 6.41mg (2.14%), Sodium: 302.58mg (13.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.03g (18.05%), Selenium: 22.48µg (32.11%), Manganese: 0.63mg (31.45%), Vitamin K: 17.24µg (16.42%), Phosphorus: 160.77mg (16.08%), Copper: 0.25mg (12.56%), Vitamin B3: 2.47mg (12.35%), Vitamin C: 8.37mg (10.14%), Potassium: 328.13mg (9.38%), Calcium: 86.73mg (8.67%), Vitamin B6: 0.17mg (8.62%), Vitamin B2: 0.14mg (8.4%), Magnesium: 30.74mg (7.69%), Fiber: 1.9g (7.61%), Vitamin A: 377.14IU (7.54%), Zinc: 1.08mg (7.22%), Vitamin B5: 0.65mg (6.47%), Iron: 1.03mg (5.73%), Folate: 20.66µg (5.17%), Vitamin B1: 0.07mg (4.91%), Vitamin E: 0.46mg (3.08%), Vitamin B12: 0.14µg (2.4%)