



Rice Pilaf with Fennel and Carrots

 Gluten Free

READY IN



73 min.

SERVINGS



8

CALORIES



111 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup brown rice uncooked
- 1 cup carrots chopped
- 1 cup fennel bulb chopped
- 0.5 teaspoon fennel seeds
- 0.3 cup parsley fresh chopped
- 1 teaspoon olive oil
- 2 tablespoons parmesan cheese grated
- 0.1 teaspoon pepper

- 0.3 teaspoon salt
- 2.5 cups vegetable broth

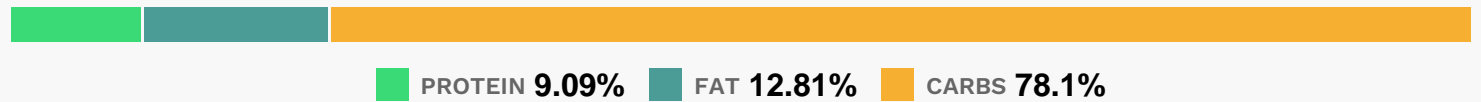
Equipment

- sauce pan

Directions

- Heat oil in a large saucepan coated with cooking spray over medium heat.
- Add fennel and carrot; saut 5 minutes.
- Add rice and next 4 ingredients. Bring to a boil; cover, reduce heat, and simmer 55 to 60 minutes or until rice is tender.
- Stir in parsley and cheese.

Nutrition Facts



Properties

Glycemic Index:32.45, Glycemic Load:11.32, Inflammation Score:-9, Nutrition Score:10.619130396649%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 110.67kcal (5.53%), Fat: 1.59g (2.44%), Saturated Fat: 0.41g (2.56%), Carbohydrates: 21.76g (7.25%), Net Carbohydrates: 20.02g (7.28%), Sugar: 1.83g (2.04%), Cholesterol: 1.09mg (0.36%), Sodium: 407.47mg (17.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.06%), Vitamin A: 3065.71IU (61.31%), Vitamin K: 50.31µg (47.92%), Manganese: 0.95mg (47.5%), Magnesium: 39.96mg (9.99%), Phosphorus: 83.77mg (8.38%), Vitamin B6: 0.15mg (7.6%), Vitamin B1: 0.11mg (7.52%), Fiber: 1.73g (6.93%), Vitamin C: 5.6mg (6.79%), Vitamin B3: 1.29mg (6.46%), Potassium: 178.58mg (5.1%), Vitamin B5: 0.44mg (4.38%), Copper: 0.09mg (4.31%), Zinc: 0.63mg (4.17%), Iron: 0.75mg (4.14%), Folate: 14.61µg (3.65%), Calcium: 34.63mg (3.46%), Vitamin B2: 0.03mg (1.78%), Vitamin E: 0.27mg (1.77%)