



Rice Pilaf with Sautéed Onions and Dill



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



283 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup optional: dill fresh roughly chopped
- ☐ 1 tablespoon olive oil
- ☐ 2 large onions chopped
- ☐ 8 servings bell pepper
- ☐ 18 ounce rice pilaf plain

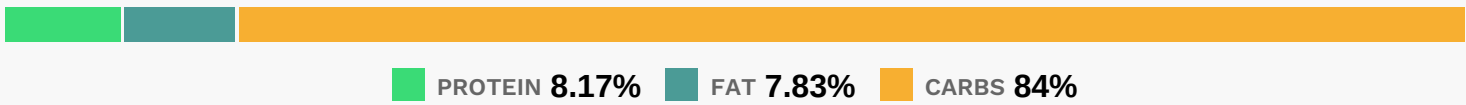
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook the pilaf according to the package directions. Meanwhile, heat the oil in a large skillet over medium heat.
- ☐ Add the onions and cook, stirring occasionally, until soft, about 12 minutes.
- ☐ Remove from heat and stir in the dill and 1/2 teaspoon pepper.
- ☐ Transfer the pilaf to a large bowl and fold in the onion mixture. Stress-Less Tip: With a boxed pilaf mix, there's no need to saut the rice or measure the seasonings.

Nutrition Facts



Properties

Glycemic Index:16.9, Glycemic Load:32.42, Inflammation Score:-9, Nutrition Score:14.995217426963%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 2.52mg, Isorhamnetin: 2.52mg, Isorhamnetin: 2.52mg, Isorhamnetin: 2.52mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.59mg, Quercetin: 8.59mg, Quercetin: 8.59mg, Quercetin: 8.59mg

Nutrients (% of daily need)

Calories: 283.29kcal (14.16%), Fat: 2.45g (3.77%), Saturated Fat: 0.42g (2.61%), Carbohydrates: 59.1g (19.7%), Net Carbohydrates: 56.03g (20.38%), Sugar: 4.8g (5.33%), Cholesterol: 0mg (0%), Sodium: 8.6mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.5%), Vitamin C: 99.38mg (120.46%), Vitamin A: 2446.7IU (48.93%), Manganese: 0.84mg (42.22%), Vitamin B6: 0.37mg (18.46%), Selenium: 9.89µg (14.13%), Fiber: 3.06g (12.25%), Folate: 48.7µg (12.18%), Phosphorus: 104.57mg (10.46%), Vitamin E: 1.51mg (10.05%), Vitamin B5: 0.93mg (9.35%), Vitamin B3: 1.82mg (9.08%), Copper: 0.17mg (8.49%), Potassium: 296.16mg (8.46%), Magnesium: 29.44mg (7.36%), Vitamin B1: 0.1mg (6.87%), Vitamin B2: 0.11mg (6.41%), Zinc: 0.96mg (6.39%), Iron: 1.02mg (5.64%), Vitamin K: 4.92µg (4.68%), Calcium: 34.77mg (3.48%)