



## Rice Pilaf with Shallots and Parmesan

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**2**

CALORIES



**265 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup rice
- 0.1 teaspoon pepper black freshly ground
- 2 teaspoons butter
- 0.3 cup cooking wine dry white
- 1 cup less-sodium chicken broth fat-free
- 2 tablespoons parsley fresh minced
- 1 garlic clove minced
- 2 tablespoons parmesan cheese fresh grated

- 1 Dash sea salt
- 2 tablespoons shallots minced

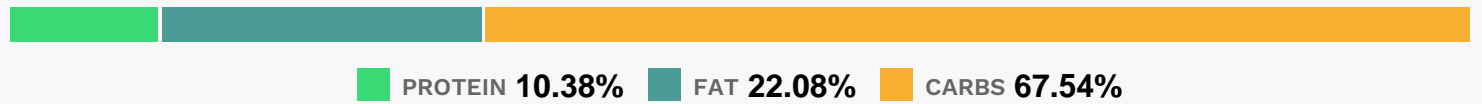
## Equipment

- sauce pan

## Directions

- Melt butter in a small saucepan over medium-high heat.
- Add shallots and garlic; saut 1 minute. Stir in rice; saut 1 minute. Stir in broth and wine; bring to a boil. Cover, reduce heat, and simmer 15 minutes.
- Remove from heat; stir in cheese, parsley, pepper, and salt.

## Nutrition Facts



## Properties

Glycemic Index:138.59, Glycemic Load:23.02, Inflammation Score:-5, Nutrition Score:9.7856522351503%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 264.59kcal (13.23%), Fat: 5.9g (9.07%), Saturated Fat: 3.48g (21.77%), Carbohydrates: 40.59g (13.53%), Net Carbohydrates: 39.47g (14.35%), Sugar: 1.39g (1.55%), Cholesterol: 14.15mg (4.72%), Sodium: 603.38mg (26.23%), Alcohol: 3.09g (100%), Alcohol %: 1.82% (100%), Protein: 6.24g (12.48%), Vitamin K: 66.51µg (63.34%), Manganese: 0.63mg (31.42%), Selenium: 11.03µg (15.76%), Phosphorus: 117.79mg (11.78%), Vitamin A: 502.18IU (10.04%), Calcium: 93.09mg (9.31%), Vitamin B6: 0.17mg (8.43%), Vitamin C: 6.59mg (7.99%), Vitamin B3: 1.51mg (7.53%), Copper: 0.15mg (7.35%), Vitamin B5: 0.7mg (7.03%), Iron: 1.06mg (5.88%), Magnesium: 22.69mg (5.67%), Zinc: 0.81mg (5.38%), Potassium: 177.58mg (5.07%), Vitamin B12: 0.3µg (4.92%), Vitamin B2: 0.08mg (4.53%), Fiber: 1.12g (4.47%), Folate: 15.18µg (3.8%), Vitamin B1: 0.06mg (3.77%), Vitamin E: 0.21mg (1.43%)