



Slow-Cooker Spring Rice Pilaf

 **Gluten Free**  **Dairy Free**

READY IN



190 min.

SERVINGS



16

CALORIES



193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons butter
- 2 cups rice long-grain uncooked
- 0.3 cup onion finely chopped
- 0.5 teaspoon salt
- 3.5 cups chicken broth reduced-sodium (from 32-ounce carton)
- 0.5 cup water
- 1 cup bacon (matchstick-size)
- 0.5 cup peas sweet frozen thawed

- 0.5 cup bell pepper red finely chopped
- 0.3 cup slivered almonds toasted
- 2 tablespoons parsley fresh chopped

Equipment

- frying pan
- slow cooker

Directions

- In 12-inch skillet, melt butter over medium-high heat.
- Add rice, onion and salt; cook 8 to 10 minutes, stirring frequently, until rice is lightly golden brown. Stir in broth and water.
- Heat to boiling; remove from heat.
- Spray inside of 3- to 4-quart slow cooker with cooking spray.
- Pour rice mixture into cooker. Stir in carrots. Make sure all rice is under liquid and not sticking to side of cooker.
- Cover; cook on Low heat setting 2 to 2 hours 30 minutes.
- Stir in peas and bell pepper. Increase heat setting to High; cover and cook 15 to 20 minutes or until hot.
- Sprinkle with almonds and parsley. Rice will hold on Low heat setting up to 2 hours; stir occasionally.

Nutrition Facts



PROTEIN 11.21% **FAT 44.95%** **CARBS 43.84%**

Properties

Glycemic Index:12.91, Glycemic Load:11.46, Inflammation Score:-3, Nutrition Score:5.5191304994666%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin:

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Nutrients (% of daily need)

Calories: 192.62kcal (9.63%), Fat: 9.61g (14.78%), Saturated Fat: 2.63g (16.45%), Carbohydrates: 21.08g (7.03%), Net Carbohydrates: 20.07g (7.3%), Sugar: 0.79g (0.88%), Cholesterol: 9.76mg (3.25%), Sodium: 213.18mg (9.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.39g (10.78%), Manganese: 0.33mg (16.69%), Vitamin C: 8.69mg (10.53%), Vitamin B3: 1.9mg (9.52%), Selenium: 6.66µg (9.51%), Vitamin K: 9.59µg (9.13%), Phosphorus: 82.16mg (8.22%), Vitamin A: 322.03IU (6.44%), Copper: 0.12mg (5.93%), Vitamin B6: 0.11mg (5.57%), Vitamin E: 0.83mg (5.54%), Vitamin B1: 0.08mg (5.23%), Vitamin B2: 0.08mg (4.51%), Magnesium: 16.94mg (4.23%), Zinc: 0.63mg (4.19%), Potassium: 146.4mg (4.18%), Fiber: 1.01g (4.04%), Vitamin B5: 0.35mg (3.55%), Iron: 0.56mg (3.13%), Folate: 9.35µg (2.34%), Vitamin B12: 0.13µg (2.14%), Calcium: 19.3mg (1.93%)