



Tasty Spicy Rice Pilaf

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



482 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons butter
- 3 cups chicken stock see
- 6 cloves garlic minced
- 0.5 teaspoon ground pepper black
- 2 cups rice instant uncooked
- 6 mushrooms chopped
- 1 onion diced
- 2 teaspoons pepper flakes red

1 roasted pepper diced red

0.5 teaspoon salt

Equipment

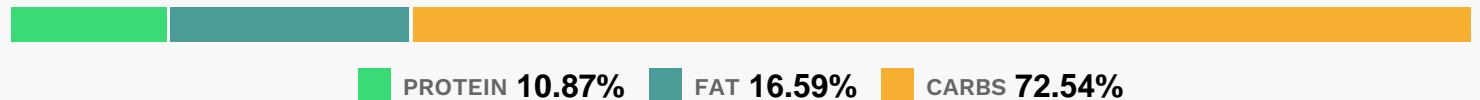
pot

Directions

Melt butter in a large pot over medium heat; cook and stir onion, red pepper, mushrooms, and garlic until tender, about 10 minutes. Stir in rice.

Add chicken stock; cover and boil until liquid is absorbed, about 10 minutes. Season with red pepper flakes, salt, and black pepper.

Nutrition Facts



Properties

Glycemic Index:58.05, Glycemic Load:45.75, Inflammation Score:-6, Nutrition Score:14.171304332173%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 482.03kcal (24.1%), Fat: 8.78g (13.5%), Saturated Fat: 4.41g (27.53%), Carbohydrates: 86.37g (28.79%), Net Carbohydrates: 83.78g (30.47%), Sugar: 4.84g (5.38%), Cholesterol: 20.45mg (6.82%), Sodium: 744.17mg (32.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.94g (25.88%), Manganese: 1.2mg (59.78%), Selenium: 21.81µg (31.16%), Vitamin B3: 5.64mg (28.22%), Copper: 0.45mg (22.29%), Vitamin B6: 0.42mg (20.99%), Vitamin B2: 0.35mg (20.37%), Phosphorus: 202.56mg (20.26%), Vitamin B5: 1.47mg (14.71%), Potassium: 487.04mg (13.92%), Vitamin B1: 0.18mg (11.94%), Vitamin C: 8.74mg (10.59%), Zinc: 1.58mg (10.57%), Vitamin A: 527.25IU (10.55%), Fiber: 2.59g (10.35%), Magnesium: 39.98mg (10%), Iron: 1.68mg (9.32%), Folate: 28.87µg (7.22%), Calcium: 56.73mg (5.67%), Vitamin E: 0.71mg (4.76%), Vitamin K: 2.6µg (2.47%)