



Yellow Rice Pilaf

READY IN



45 min.

SERVINGS



12

CALORIES



211 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 0.5 teaspoon ground pepper
- ☐ 1 small rib celery stalks diced
- ☐ 0.3 cup parsley fresh coarsely chopped
- ☐ 2 cloves garlic minced peeled
- ☐ 2 teaspoons ground cumin
- ☐ 2 teaspoons turmeric
- ☐ 1 teaspoon kosher salt
- ☐ 4 cups chicken broth low-sodium

- ☐ 1 cup soup noodles
- ☐ 2 cups rice long-grain
- ☐ 4 spring onion light white green
- ☐ 2 tablespoons butter unsalted cut into small pieces
- ☐ 0.5 bell pepper diced yellow
- ☐ 1 small onion diced yellow peeled

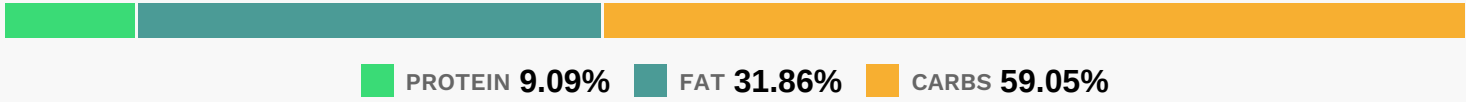
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400°F.
- ☐ In a medium saucepan over moderately high heat, warm the canola oil.
- ☐ Add the rice, vermicelli noodles, onion, celery, bell pepper, and scallions, and sauté, stirring frequently, until golden and toasted, 2 to 3 minutes.
- ☐ Add the garlic, turmeric, cumin, and cayenne, and sauté, stirring constantly, until the spices are toasted, about 30 seconds.
- ☐ Add the chicken stock and salt, stir thoroughly, and bring to a boil.
- ☐ Transfer to the baking dish. DO AHEAD: The rice can be prepared up to this point, covered, and refrigerated up to 8 hours. Bring to room temperature before proceeding.
- ☐ Dot the rice with the butter, cover the baking dish snugly with foil, and bake for 15 minutes.
- ☐ Remove the foil and continue baking until the rice is tender, about 10 minutes.
- ☐ Sprinkle with parsley and serve hot.

Nutrition Facts



Properties

Glycemic Index:24.85, Glycemic Load:16.6, Inflammation Score:-9, Nutrition Score:6.897826074906%

Flavonoids

Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 210.52kcal (10.53%), Fat: 7.47g (11.49%), Saturated Fat: 1.78g (11.11%), Carbohydrates: 31.14g (10.38%), Net Carbohydrates: 30.15g (10.96%), Sugar: 0.66g (0.73%), Cholesterol: 5.02mg (1.67%), Sodium: 222.02mg (9.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.59%), Vitamin K: 32.49µg (30.95%), Manganese: 0.45mg (22.55%), Vitamin C: 12.28mg (14.88%), Selenium: 8.02µg (11.46%), Vitamin B3: 1.79mg (8.94%), Phosphorus: 77.74mg (7.77%), Copper: 0.14mg (7.12%), Vitamin E: 0.99mg (6.6%), Iron: 1.03mg (5.7%), Vitamin A: 252.85IU (5.06%), Vitamin B6: 0.1mg (5.01%), Potassium: 170.13mg (4.86%), Magnesium: 15.92mg (3.98%), Fiber: 0.99g (3.96%), Zinc: 0.57mg (3.82%), Vitamin B5: 0.36mg (3.63%), Vitamin B2: 0.05mg (3.12%), Folate: 10.59µg (2.65%), Vitamin B1: 0.04mg (2.5%), Calcium: 24.78mg (2.48%), Vitamin B12: 0.08µg (1.38%)