



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Chive and Feta Rice ♦♦

Chive and Feta Rice is a delicious vegetarian dish that combines the flavors of chives and feta cheese with fluffy rice. It is a versatile recipe that can be served as a side dish or a main course. The chives add a fresh and savory taste, while the feta cheese adds a creamy and tangy flavor. This recipe is easy to make and is perfect for any occasion.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** 20 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

250 g	Rice
50 g	Chives
100 g	feta cheese
1 tsp	Salt
500 ml	Water

# Directions

---

## Step 1

### Preparation

Rinse the rice under cold water until the water runs clear.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 2

### Boiling

In a medium-sized pot, bring the water to a boil.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

---

## Step 3

### Simmering

Add the rice and salt to the boiling water, reduce the heat to low, cover the pot, and let it simmer for 15 minutes or until the rice is cooked and the water is absorbed.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

---

## Step 4

Resting

Remove the pot from the heat and let it sit, covered, for 5 minutes.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

## Step 5

Stirring

Fluff the rice with a fork and stir in the chopped chives and crumbled feta cheese.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 6

Serving

Serve the Chive and Feta Rice as a side dish or a main course.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat: 10 g**

**Protein: 6 g**

**Carbohydrates: 20 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%
Cholesterol	20 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	100 mg	10%	10%
Iron	1 mg	12.5%	5.56%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Wedding Barbecue Picnic

### Cuisines

Italian Thai Mediterranean American

### Course

Side Dishes Salads Snacks Sauces & Dressings

### Demographics

Pregnancy Safe Diabetic Friendly

### Diet

Mediterranean Diet Vegetarian Diet Vegan Diet Pescatarian Diet

### Meal Type

Lunch Snack Supper

### Difficulty Level

Medium

Visit our website: [healthdor.com](https://healthdor.com)