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Rice Pilaf ••

Rice pilaf is a flavorful and aromatic rice dish that is commonly enjoyed as a side dish or main course. It is made by sautéing rice with various ingredients such as onions, garlic, and spices, and then cooking it in broth or stock until it is fluffy and fully cooked. Rice pilaf is a versatile dish that can be customized with different herbs, vegetables, and proteins to suit individual preferences.

Recipe Type: Standard

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
100 g	onion
2 cloves	garlic
500 ml	vegetable broth

2 tbsp	olive oil
1 tsp	Salt
0.5 tsp	Black pepper

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

Sautéing

Heat olive oil in a large skillet over medium heat. Add the onion and garlic and sauté until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Sautéing

Add the rice to the skillet and stir to coat it with the oil. Cook for 2 minutes, stirring frequently.

Prep Time: 2 mins

Cook Time: 2 mins

Step 4

Simmering

Pour the vegetable broth into the skillet and season with salt and black pepper. Bring to a boil, then reduce heat to low and cover. Simmer for 15-20 minutes, or until the rice is tender and the liquid is absorbed.

Prep Time: 0 mins

Cook Time: 20 mins

Step 5

Resting

Remove from heat and let the rice pilaf rest for 5 minutes before fluffing it with a fork. Serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 4 g

Protein: 4 g

Carbohydrates: 38 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	38 g	69.09%	76%
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)
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Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	100 mg	2.94%	3.85%
Zinc	4 mg	36.36%	50%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Cuisines

Italian

Meal Type

Breakfast Lunch Snack Supper

Nutritional Content

Low Calorie

Course

Main Dishes Salads Soups

Cultural

Chinese New Year

Cost

Over \$50

Demographics

Lactation Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet

Vegetarian Diet

Raw Food Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Engine 2 Diet

Difficulty Level

Medium

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