

## Pilafi Me Throumbi (greek Savory Rice) Recipe #90242

This is a very old family recipe which is very delicious and low fat too...

by Anthony Gougourtris

30 min | 5 min prep

SERVES 4

1 cup long grain rice  
 1 tablespoon olive oil  
 1 tablespoon butter (do not substitute)  
 2 tablespoons minced onions  
 1 clove minced garlic  
 1 tablespoon dried parsley  
 1/2 teaspoon paprika  
 1/4 teaspoon ground savory  
 1 packet goya chicken bouillon  
 2 cups hot water

1. Brown the rice, onion and garlic in the olive oil and butter over high heat.
2. Deeply browning the rice gives the rice its distinct flavor.
3. You must use the butter so it will brown.
4. Do not use margarine, it will not work.
5. This will take about 5 minutes.
6. Add water, and rest of ingredients, cover the pot and simmer on low heat until all water is absorbed (about 20 minutes).

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**Recipe Notes & Rating:**  5 stars  4 stars  3 stars  2 stars  1 star

### Nutrition Facts

Serving Size 1 (178g)

Recipe makes 4 servings

The following items or measurements are not included below:

1 packet chicken bouillon

**Calories 229**

Calories from Fat 59 (25%)

Amount Per Serving	%DV
Total Fat 6.6g	10%
Saturated Fat 2.4g	11%
Monounsaturated Fat 3.3g	
Polyunsaturated Fat 0.6g	
Trans Fat 0.0g	
<b>Cholesterol 7mg</b>	<b>2%</b>
<b>Sodium 27mg</b>	<b>1%</b>
<b>Potassium 83mg</b>	<b>2%</b>
<b>Total Carbohydrate 38.1g</b>	<b>12%</b>
Dietary Fiber 0.9g	3%
Sugars 0.3g	
<b>Protein 3.5g</b>	<b>7%</b>
Vitamin A 264mcg	5%
Vitamin B6 0.1mg	5%
Vitamin B12 0.0mcg	0%
Vitamin C 1mg	1%
Vitamin E 0mcg	1%
Calcium 25mg	2%
Iron 2mg	13%

detailed view...

how is this calculated?