

# Chicken Pilaf

Yield: 2 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-chicken-pilaf-recipe>

## Ingredients:

- 2 chicken legs or 4 pieces of chicken thighs
- 1 cup short grain rice risotto rice will work well
- 3 3/8 cups chicken stock good
- 1 onion
- 5 1/16 tablespoons oil
- salt
- fresh parsley

## Nutrition:

1. Calories: 1490 calories
2. Carbohydrate: 100 grams
3. Cholesterol: 300 milligrams
4. Fat: 82 grams
5. Fiber: 4 grams
6. Protein: 82 grams
7. SaturatedFat: 13 grams
8. Sodium: 1250 milligrams
9. Sugar: 10 grams

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