



Baked Mushroom Rice



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



250 kcal

SIDE DISH

Ingredients

- ☐ 1 cup cremini mushrooms sliced
- ☐ 1.5 cups less-sodium chicken broth fat-free
- ☐ 1 tablespoon olive oil
- ☐ 1 cup rice medium-grain uncooked
- ☐ 0.3 teaspoon salt

Equipment

- ☐ frying pan
- ☐ oven

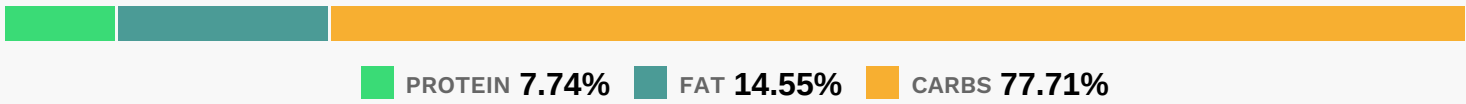
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aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Heat oil in a medium nonstick skillet over medium–high heat.
- ☐ Add mushrooms; saut 5 minutes. Stir in rice, broth, and salt; bring to a boil. Wrap handle of skillet with foil; cover and bake at 400 for 20 minutes. Uncover; let stand 3 minutes.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:37.03, Inflammation Score:-5, Nutrition Score:9.725652186443%

Nutrients (% of daily need)

Calories: 250.05kcal (12.5%), Fat: 3.97g (6.11%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 47.71g (15.9%), Net Carbohydrates: 45.94g (16.71%), Sugar: 0.44g (0.49%), Cholesterol: 0mg (0%), Sodium: 495.25mg (21.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.75g (9.51%), Folate: 141.98µg (35.5%), Manganese: 0.65mg (32.43%), Vitamin B1: 0.36mg (23.82%), Selenium: 15.48µg (22.12%), Vitamin B3: 3.59mg (17.96%), Iron: 2.71mg (15.08%), Copper: 0.23mg (11.52%), Vitamin B5: 1.13mg (11.33%), Phosphorus: 87.15mg (8.72%), Vitamin B2: 0.13mg (7.91%), Fiber: 1.76g (7.06%), Vitamin B6: 0.13mg (6.64%), Zinc: 0.87mg (5.77%), Potassium: 151.19mg (4.32%), Magnesium: 16.08mg (4.02%), Vitamin E: 0.51mg (3.37%), Vitamin B12: 0.19µg (3.14%), Vitamin K: 2.11µg (2.01%)