



Baked Shroom Rice

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



173 kcal

SIDE DISH

Ingredients

- ☐ 2 cloves garlic minced
- ☐ 6 servings kosher salt and freshly cracked pepper black
- ☐ 2 cups chicken stock see low-sodium
- ☐ 8 ounce shiitakes mushrooms sliced
- ☐ 2 tablespoons butter unsalted
- ☐ 1 cup rice white

Equipment

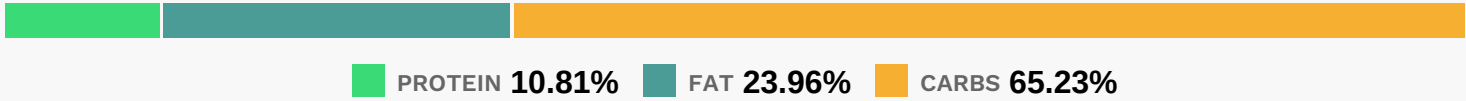
- ☐ sauce pan

☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Over moderately-high heat in an ovenproof saucepan, melt the butter until the foam subsides.
- ☐ Add the mushrooms and saute until golden brown, 4 to 5 minutes.
- ☐ Add the garlic and stir until fragrant, about 1 minute.
- ☐ Add the rice and stir constantly until the rice is coated and lightly toasted. Season with salt and pepper.
- ☐ Add the chicken stock and bring up to a boil. Cover with a tight fitting lid and cook on the middle rack in the oven until all the liquid is absorbed and the rice is tender, 17 to 20 minutes.
- ☐ Remove from the oven and let stand, covered, 5 minutes. Fluff with a fork before serving.
- ☐ BYOC: Want to get more whole grains in the kids? Try doing this with brown rice and add a little more chicken stock and a little more time.

Nutrition Facts



Properties

Glycemic Index:20.53, Glycemic Load:15.45, Inflammation Score:-2, Nutrition Score:5.5734781933867%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 172.93kcal (8.65%), Fat: 4.65g (7.16%), Saturated Fat: 2.59g (16.21%), Carbohydrates: 28.5g (9.5%), Net Carbohydrates: 27.13g (9.87%), Sugar: 1.05g (1.17%), Cholesterol: 10.03mg (3.34%), Sodium: 223.02mg (9.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.44%), Manganese: 0.44mg (21.99%), Vitamin B3: 3.05mg (15.23%), Phosphorus: 104.04mg (10.4%), Selenium: 7µg (10%), Vitamin B6: 0.18mg (9.09%), Vitamin B5: 0.89mg (8.91%), Copper: 0.17mg (8.28%), Vitamin B2: 0.12mg (7.26%), Potassium: 223.19mg (6.38%), Zinc: 0.82mg (5.47%), Fiber: 1.37g (5.47%), Magnesium: 16.4mg (4.1%), Iron: 0.59mg (3.26%), Vitamin A: 116.71IU (2.33%), Vitamin B1: 0.03mg (1.97%), Folate: 7.55µg (1.89%), Calcium: 15.59mg (1.56%), Vitamin D: 0.22µg (1.47%), Vitamin B12:

0.09μg (1.44%)