



Basmati Rice with Corn and Pesto



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



237 kcal

SIDE DISH

Ingredients

- ☐ 2 cups rice uncooked
- ☐ 0.3 teaspoon pepper black
- ☐ 10 ounce whole-kernel corn frozen thawed drained
- ☐ 29 ounce less-sodium chicken broth fat-free canned
- ☐ 1 cup green onions sliced
- ☐ 2 cups mushrooms sliced
- ☐ 2 teaspoons olive oil
- ☐ 3 tablespoons classic pesto

- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup water

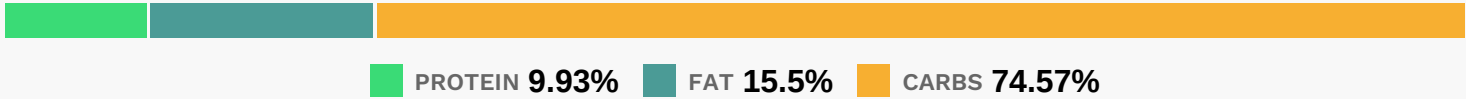
Equipment

- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add mushrooms and onions; saut 3 minutes.
- ☐ Add rice; saut 2 minutes.
- ☐ Add water, salt, pepper, and broth; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed.
- ☐ Stir in corn. Cover and cook 5 minutes.
- ☐ Remove from heat; stir in Classic Pesto.

Nutrition Facts



Properties

Glycemic Index:19.65, Glycemic Load:22.63, Inflammation Score:-4, Nutrition Score:8.6078260385472%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 236.71kcal (11.84%), Fat: 4.1g (6.31%), Saturated Fat: 0.68g (4.28%), Carbohydrates: 44.38g (14.79%), Net Carbohydrates: 42.4g (15.42%), Sugar: 2.73g (3.03%), Cholesterol: 0.45mg (0.15%), Sodium: 624.88mg (27.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.82%), Manganese: 0.59mg (29.72%), Vitamin K: 26.63µg (25.36%), Selenium: 11.77µg (16.81%), Vitamin B3: 2.6mg (13%), Copper: 0.22mg (11.21%), Vitamin B5: 1.09mg (10.88%), Vitamin B2: 0.18mg (10.73%), Phosphorus: 106.16mg (10.62%), Fiber: 1.98g (7.92%), Folate: 29.93µg (7.48%), Potassium: 242.47mg (6.93%), Vitamin B6: 0.14mg (6.81%), Magnesium: 22.19mg (5.55%), Zinc: 0.81mg (5.43%), Iron: 0.96mg (5.33%), Vitamin B1: 0.08mg (5.27%), Vitamin A: 254.31IU (5.09%), Vitamin C: 3.42mg (4.15%), Calcium: 37.9mg (3.79%), Vitamin B12: 0.22µg (3.59%), Vitamin E: 0.3mg (1.99%)