



Brown Rice and Mushroom Pancakes

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



303 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 teaspoon pepper black
- 3 cups brown rice cooked
- 1 teaspoon cornstarch
- 2 tablespoons breadcrumbs dry
- 2 large eggs beaten
- 1 tablespoon thyme leaves fresh chopped
- 1 garlic clove minced
- 12 ounces mushrooms thinly sliced

- 5 teaspoons olive oil divided
- 0.5 cup onion finely chopped
- 0.5 cup bell pepper red finely chopped
- 0.8 teaspoon salt
- 1 cup vegetable broth organic (such as Swanson Certified)

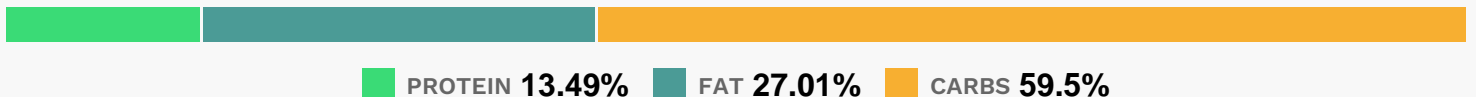
Equipment

- frying pan

Directions

- Heat 2 teaspoons oil in a large nonstick skillet over medium heat.
- Add mushrooms, onion, and bell pepper; cook 10 minutes or until liquid evaporates, stirring occasionally.
- Add garlic; cook 1 minute. Stir in thyme, salt, and black pepper.
- Remove 1 cup mushroom mixture, and set aside. Increase heat to medium-high.
- Add broth and cornstarch to pan; bring to a boil. Cook 1 minute, stirring constantly. Keep warm.
- Combine reserved 1 cup mushroom mixture, brown rice, breadcrumbs, and eggs; mix well.
- Heat remaining 1 tablespoon oil in a nonstick griddle or large nonstick skillet over medium-high heat. Spoon about 1/2 cup rice batter per pancake onto hot pan, spreading each to a 4-inch diameter. Cook 5 minutes on each side or until bottoms are golden brown.
- Serve with mushroom sauce.

Nutrition Facts



Properties

Glycemic Index:73.8, Glycemic Load:18.34, Inflammation Score:-9, Nutrition Score:20.134347915649%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 303.09kcal (15.15%), Fat: 9.26g (14.24%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 45.89g (15.3%), Net Carbohydrates: 41.15g (14.97%), Sugar: 4.22g (4.69%), Cholesterol: 93mg (31%), Sodium: 750.84mg (32.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.4g (20.8%), Manganese: 1.8mg (90.19%), Vitamin C: 30.14mg (36.54%), Vitamin B2: 0.52mg (30.85%), Vitamin B3: 5.61mg (28.05%), Phosphorus: 257.41mg (25.74%), Selenium: 17.09µg (24.42%), Vitamin B5: 2.35mg (23.54%), Vitamin B6: 0.45mg (22.44%), Copper: 0.44mg (22.24%), Magnesium: 84.62mg (21.15%), Vitamin B1: 0.3mg (19.88%), Fiber: 4.74g (18.94%), Vitamin A: 927.58IU (18.55%), Potassium: 514.27mg (14.69%), Iron: 2.37mg (13.14%), Folate: 50.61µg (12.65%), Zinc: 1.87mg (12.45%), Vitamin E: 1.3mg (8.63%), Calcium: 55.56mg (5.56%), Vitamin B12: 0.27µg (4.57%), Vitamin D: 0.67µg (4.47%), Vitamin K: 4.63µg (4.4%)