



Brown Rice and Sautéed Vegetables

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



268 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 1 cup carrots thinly sliced
- 3 cups brown rice long-grain hot cooked
- 1.5 teaspoons basil dried
- 3 garlic cloves minced
- 2 tablespoons soya sauce low-sodium
- 1 cup mushrooms chopped
- 2 cups onion chopped

- 1 cup bell pepper diced red
- 0.3 teaspoon salt
- 4 cups torn spinach
- 1 tablespoon vegetable oil

Equipment

- frying pan

Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion and basil; saut 2 minutes.
- Add bell pepper and carrot; saut 4 minutes.
- Add spinach, mushrooms, salt, and garlic; saut 3 minutes or until spinach is wilted. Stir in soy sauce and black pepper.
- Remove from heat; serve over rice.

Nutrition Facts



Properties

Glycemic Index:57.96, Glycemic Load:3.67, Inflammation Score:-10, Nutrition Score:29.76173912831%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 2.52mg, Kaempferol: 2.52mg, Kaempferol: 2.52mg, Kaempferol: 2.52mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 17.62mg, Quercetin: 17.62mg, Quercetin: 17.62mg, Quercetin: 17.62mg

Nutrients (% of daily need)

Calories: 268.48kcal (13.42%), Fat: 5.24g (8.06%), Saturated Fat: 0.89g (5.58%), Carbohydrates: 49.69g (16.56%), Net Carbohydrates: 42.84g (15.58%), Sugar: 7.66g (8.51%), Cholesterol: 0mg (0%), Sodium: 493.02mg (21.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.89g (15.77%), Vitamin A: 9330.59IU (186.61%), Vitamin K: 165.07µg (157.21%), Manganese: 1.92mg (95.96%), Vitamin C: 65.13mg (78.94%), Vitamin B6: 0.59mg (29.51%),

Magnesium: 114.02mg (28.51%), Folate: 111.32µg (27.83%), Fiber: 6.85g (27.39%), Selenium: 17.71µg (25.3%), Phosphorus: 218.76mg (21.88%), Vitamin B3: 4.22mg (21.09%), Potassium: 653.14mg (18.66%), Vitamin B1: 0.27mg (17.96%), Vitamin B2: 0.29mg (16.94%), Copper: 0.33mg (16.69%), Iron: 2.47mg (13.71%), Vitamin E: 1.83mg (12.17%), Vitamin B5: 1.14mg (11.43%), Zinc: 1.63mg (10.86%), Calcium: 92.13mg (9.21%)