



Brown Rice Consomme

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



244 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 21 ounce beef consomme canned
- 1 cup brown rice uncooked
- 2 tablespoons butter
- 0.8 cup mushrooms fresh sliced
- 1 small onion chopped
- 0.5 teaspoon pepper

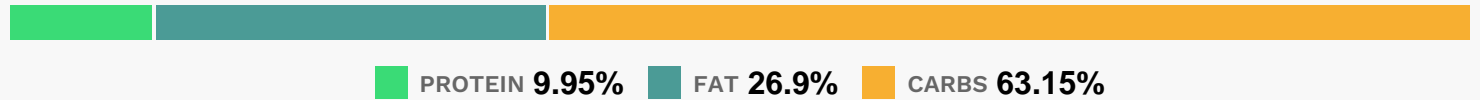
Equipment

- sauce pan

Directions

- Bring first 3 ingredients to a boil in a medium saucepan; stir in rice. Cover, reduce heat, and simmer 30 minutes.
- Add mushrooms; cover and simmer 20 more minutes or until all liquid is absorbed. Stir in pepper.

Nutrition Facts



Properties

Glycemic Index:37.44, Glycemic Load:20.83, Inflammation Score:-5, Nutrition Score:11.30739127877%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 244.29kcal (12.21%), Fat: 7.32g (11.27%), Saturated Fat: 1.61g (10.04%), Carbohydrates: 38.68g (12.89%), Net Carbohydrates: 36.53g (13.28%), Sugar: 1.1g (1.22%), Cholesterol: 0mg (0%), Sodium: 623.23mg (27.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.19%), Manganese: 1.86mg (92.79%), Vitamin B3: 3.88mg (19.41%), Magnesium: 74.91mg (18.73%), Phosphorus: 167.31mg (16.73%), Vitamin B6: 0.3mg (14.89%), Vitamin B1: 0.22mg (14.85%), Vitamin B5: 1.04mg (10.39%), Copper: 0.2mg (9.95%), Fiber: 2.16g (8.62%), Potassium: 296.72mg (8.48%), Vitamin B2: 0.13mg (7.75%), Zinc: 1.09mg (7.24%), Iron: 1.26mg (6.99%), Vitamin A: 252.11IU (5.04%), Folate: 18.97µg (4.74%), Selenium: 2.82µg (4.02%), Calcium: 32.38mg (3.24%), Vitamin C: 1.69mg (2.04%), Vitamin B12: 0.12µg (1.97%), Vitamin E: 0.22mg (1.5%)