



 **25%**
HEALTH SCORE

Brown Rice Mushroom Pilaf

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



228 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 large onion chopped
- 1 cup brown rice
- 1 cup mushrooms fresh canned sliced (I used small-size champignons; don't use mushrooms because they're absolutely tasteless.)
- 1 tbsp unrefined sunflower oil
- 2 cups water
- 4 servings sea salt to taste
- 0.3 tsp pepper

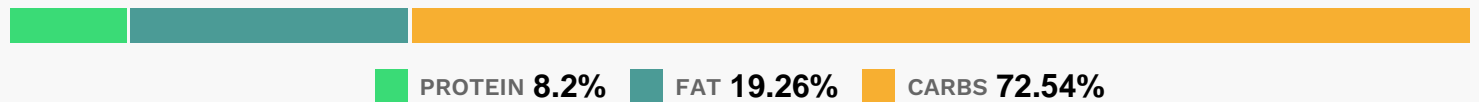
Equipment

sauce pan

Directions

- Heat oil in a large saucepan over medium heat. Saut chopped onion and sliced mushrooms for 5 minutes.
- Add brown rice and stir to coat in oil.
- Add water.
- Bring to a boil, then simmer for 30 minutes.
- Remove from heat and cover with a lid.
- Let it rest until all liquid is absorbed.

Nutrition Facts



Properties

Glycemic Index:29.44, Glycemic Load:21.1, Inflammation Score:-5, Nutrition Score:11.407826086957%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Taste

Sweetness: 23.49%, Saltiness: 100%, Sourness: 22.48%, Bitterness: 44.49%, Savoriness: 53.22%, Fattiness: 48.01%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 228.06kcal (11.4%), Fat: 4.93g (7.58%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 41.77g (13.92%), Net Carbohydrates: 38.54g (14.02%), Sugar: 2.5g (2.78%), Cholesterol: 0mg (0%), Sodium: 368.89mg (16.04%), Protein: 4.72g (9.44%), Manganese: 1.88mg (94.08%), Magnesium: 79mg (19.75%), Vitamin B1: 0.25mg (16.45%), Phosphorus: 162.28mg (16.23%), Vitamin B6: 0.31mg (15.55%), Vitamin B3: 2.71mg (13.56%), Copper: 0.26mg (12.96%), Fiber: 3.23g (12.92%), Vitamin B5: 1.07mg (10.74%), Vitamin E: 1.45mg (9.67%), Zinc: 1.32mg (8.79%), Iron:

1.26mg (7%), Potassium: 234.62mg (6.7%), Folate: 21.33 μ g (5.33%), Vitamin C: 2.78mg (3.36%), Calcium: 33mg (3.3%), Selenium: 1.8 μ g (2.56%), Vitamin B2: 0.04mg (2.3%)