



## Browned Rice with Peas

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



244 kcal

SIDE DISH

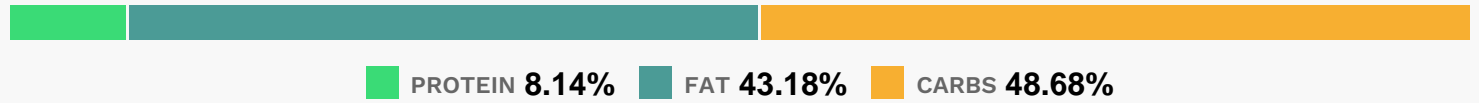
### Ingredients

- 0.5 cup butter
- 0.3 cup mushrooms drained sliced
- 0.3 cup mushrooms drained sliced
- 0.3 cup onion chopped
- 10 ounces peas frozen thawed
- 1 cup rice
- 3 tablespoons soya sauce
- 2.5 cups water boiling

8 ounces water chestnuts diced canned drained

## Equipment

## Nutrition Facts



## Properties

Glycemic Index:32.69, Glycemic Load:12.69, Inflammation Score:-5, Nutrition Score:8.0260869565217%

## Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

## Nutrients (% of daily need)

Calories: 244.32kcal (12.22%), Fat: 11.86g (18.24%), Saturated Fat: 7.37g (46.08%), Carbohydrates: 30.08g (10.03%), Net Carbohydrates: 26.46g (9.62%), Sugar: 3.58g (3.98%), Cholesterol: 30.5mg (10.17%), Sodium: 478.81mg (20.82%), Protein: 5.03g (10.06%), Manganese: 0.49mg (24.27%), Vitamin C: 15.24mg (18.47%), Fiber: 3.63g (14.5%), Vitamin A: 625.74IU (12.51%), Copper: 0.2mg (9.97%), Vitamin B6: 0.19mg (9.71%), Vitamin K: 9.91µg (9.44%), Phosphorus: 92.16mg (9.22%), Vitamin B3: 1.77mg (8.83%), Vitamin B1: 0.13mg (8.47%), Folate: 31.05µg (7.76%), Selenium: 5.22µg (7.46%), Iron: 1.3mg (7.2%), Vitamin B2: 0.11mg (6.44%), Zinc: 0.95mg (6.32%), Magnesium: 24.51mg (6.13%), Potassium: 209.32mg (5.98%), Vitamin B5: 0.47mg (4.71%), Vitamin E: 0.62mg (4.16%), Calcium: 25.34mg (2.53%)