



## Company Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 cup butter cut into pieces
- ☐ 14.5 ounce chicken broth ready-to-serve canned
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 0.3 cup green onions chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons cooking sherry
- ☐ 6 ounce rice wild

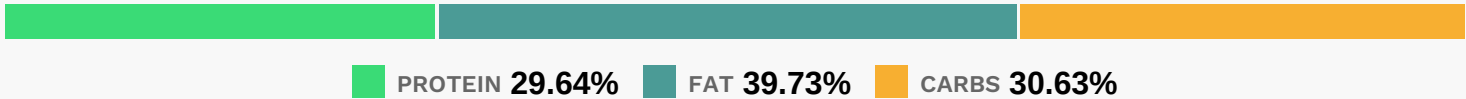
## Equipment

- ☐ sauce pan
- ☐ slow cooker

## Directions

- ☐ Combine first 7 ingredients in a 4-quart electric slow cooker; cover and cook on HIGH setting 3 hours.
- ☐ Drain excess liquid, if necessary. Fluff rice with a fork; sprinkle with almonds, if desired.
- ☐ Cooktop Method: Melt butter in a 2-quart saucepan over medium heat. Stir in rice, cook, stirring occasionally, 5 minutes.
- ☐ Add mushrooms and next 4 ingredients, bring to a boil. Cover, reduce heat, and simmer 1 hour and 5 minutes or until rice is done; drain excess liquid, if desired. Fluff rice with a fork; sprinkle with almonds.

## Nutrition Facts



## Properties

Glycemic Index:16.88, Glycemic Load:8.45, Inflammation Score:-5, Nutrition Score:9.0839130360147%

## Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 232.28kcal (11.61%), Fat: 10.2g (15.7%), Saturated Fat: 2.39g (14.93%), Carbohydrates: 17.7g (5.9%), Net Carbohydrates: 16.02g (5.83%), Sugar: 1.2g (1.34%), Cholesterol: 25.69mg (8.56%), Sodium: 463.5mg (20.15%), Alcohol: 0.39g (100%), Alcohol %: 0.42% (100%), Protein: 17.13g (34.26%), Phosphorus: 198.53mg (19.85%), Vitamin B3: 3.71mg (18.55%), Selenium: 12.71µg (18.16%), Zinc: 2.72mg (18.11%), Manganese: 0.31mg (15.28%), Vitamin B2: 0.23mg (13.34%), Magnesium: 51.16mg (12.79%), Copper: 0.23mg (11.51%), Vitamin B6: 0.21mg (10.73%), Vitamin B12: 0.53µg (8.87%), Potassium: 273.85mg (7.82%), Vitamin K: 8.07µg (7.69%), Vitamin A: 379.89IU (7.6%), Iron: 1.28mg (7.13%), Folate: 28.15µg (7.04%), Fiber: 1.68g (6.73%), Vitamin B5: 0.66mg (6.63%), Vitamin E: 0.58mg (3.86%), Vitamin B1: 0.05mg (3.34%), Calcium: 17.31mg (1.73%), Vitamin C: 1.2mg (1.45%)