



Confetti Brown Rice



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



90 kcal

SIDE DISH

Ingredients

- ☐ 2 cups broccoli red frozen cooked drained (from 1-pound bag)
- ☐ 0.5 cup brown rice uncooked
- ☐ 4 ounces mushrooms fresh sliced
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon butter
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

☐ 1.3 cups water

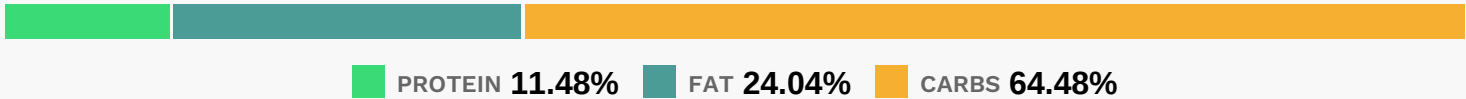
Equipment

☐ frying pan

Directions

- ☐ Melt margarine in 10-inch nonstick skillet over medium heat. Cook rice, mushrooms and onions in margarine about 3 minutes, stirring occasionally, until onions are tender. Stir in water, salt and pepper.
- ☐ Heat to boiling, stirring occasionally; reduce heat.
- ☐ Cover and simmer about 50 minutes or until rice is tender; drain if necessary. Stir in vegetables and lemon juice.
- ☐ Heat uncovered, stirring occasionally, until hot.

Nutrition Facts



Properties

Glycemic Index:31.13, Glycemic Load:7.33, Inflammation Score:-5, Nutrition Score:8.6673913274122%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 89.62kcal (4.48%), Fat: 2.49g (3.83%), Saturated Fat: 0.52g (3.25%), Carbohydrates: 15.02g (5.01%), Net Carbohydrates: 13.45g (4.89%), Sugar: 0.98g (1.09%), Cholesterol: 0mg (0%), Sodium: 229.88mg (9.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.35%), Manganese: 0.68mg (33.89%), Vitamin C: 27.91mg (33.83%), Vitamin K: 34.2µg (32.57%), Magnesium: 31.76mg (7.94%), Phosphorus: 79.02mg (7.9%), Vitamin B3: 1.57mg (7.83%), Vitamin B6: 0.15mg (7.72%), Vitamin B2: 0.12mg (7.06%), Vitamin B5: 0.7mg (6.95%), Vitamin B1: 0.1mg (6.9%), Folate: 26.68µg (6.67%), Copper: 0.13mg (6.48%), Fiber: 1.57g (6.28%), Potassium: 205.45mg (5.87%), Vitamin A: 286.76IU (5.74%), Zinc: 0.55mg (3.69%), Selenium: 2.51µg (3.59%), Iron: 0.63mg (3.53%),

Calcium: 23.84mg (2.38%), Vitamin E: 0.32mg (2.12%)