



Creamy Rice Pilaf



Gluten Free



Dairy Free



Very Healthy

READY IN



32 min.

SERVINGS



8

CALORIES



162 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10.8 ounce cream of mushroom soupn reduced-fat reduced-sodium canned
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.5 cup onion frozen chopped McKenzie's Seasoning Blend
- ☐ 1 cup peas frozen english
- ☐ 1 cup rice trio Uncle Ben's
- ☐ 0.1 teaspoon salt
- ☐ 2 cups water

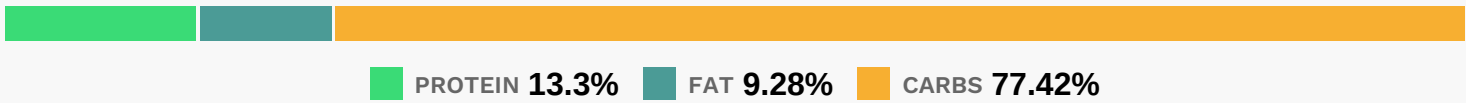
Equipment

- ☐ sauce pan
- ☐ microwave

Directions

- ☐ Bring 2 cups water to a boil in a medium saucepan; add rice mix, frozen onion and pepper blend, pepper, and salt. Cover, reduce heat, and simmer 25 minutes or until rice is tender and liquid is absorbed.
- ☐ While rice cooks, thaw peas in microwave according to package directions. Stir peas and soup into rice; cook over low heat 2 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:17.81, Glycemic Load:12.03, Inflammation Score:-5, Nutrition Score:16.925217296766%

Nutrients (% of daily need)

Calories: 161.67kcal (8.08%), Fat: 1.77g (2.73%), Saturated Fat: 0.74g (4.64%), Carbohydrates: 33.31g (11.1%), Net Carbohydrates: 25.6g (9.31%), Sugar: 1.66g (1.85%), Cholesterol: 1.9mg (0.63%), Sodium: 315.16mg (13.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.44%), Vitamin K: 96.55µg (91.95%), Manganese: 1.19mg (59.31%), Iron: 6.17mg (34.26%), Fiber: 7.71g (30.84%), Calcium: 250.75mg (25.07%), Vitamin E: 2.75mg (18.33%), Magnesium: 55.05mg (13.76%), Copper: 0.26mg (13.14%), Folate: 51.35µg (12.84%), Vitamin B6: 0.24mg (11.92%), Vitamin C: 7.59mg (9.2%), Vitamin B3: 1.78mg (8.89%), Potassium: 305.97mg (8.74%), Zinc: 1.3mg (8.67%), Vitamin B2: 0.14mg (8.02%), Phosphorus: 79.2mg (7.92%), Vitamin A: 390.52IU (7.81%), Vitamin B1: 0.1mg (6.55%), Selenium: 4.49µg (6.41%), Vitamin B5: 0.46mg (4.63%), Vitamin B12: 0.06µg (1.02%)