



Creamy Rice with Peas and Mushrooms

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



189 kcal

SIDE DISH

Ingredients

- 4 oz philadelphia cream cheese cubed ()
- 14 oz chicken broth fat-free reduced-sodium canned
- 8 oz mushrooms fresh sliced
- 2 cups rice white instant uncooked
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 tsp lemon zest grated
- 1 small onion chopped
- 0.3 cup parmesan cheese grated kraft

1 cup peas frozen

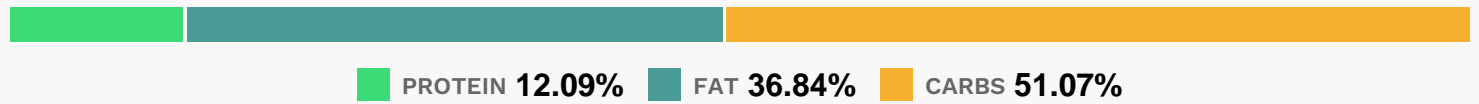
Equipment

sauce pan

Directions

- Cook and stir onions in dressing in large saucepan on medium-high heat 2 min. or until tender.
- Add mushrooms; cook 2 to 3 min. or until mushrooms are tender.
- Add broth and peas; stir. Bring to boil.
- Stir in rice and cream cheese; cover.
- Remove from heat.
- Let stand 8 min. Stir in lemon zest and Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:16.29, Glycemic Load:1.3, Inflammation Score:-5, Nutrition Score:9.0699999630451%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 188.61kcal (9.43%), Fat: 7.77g (11.95%), Saturated Fat: 3.63g (22.67%), Carbohydrates: 24.22g (8.07%), Net Carbohydrates: 22.32g (8.12%), Sugar: 3.38g (3.76%), Cholesterol: 17.04mg (5.68%), Sodium: 379.87mg (16.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.47%), Selenium: 14.56µg (20.8%), Folate: 79.38µg (19.85%), Vitamin B1: 0.28mg (18.9%), Manganese: 0.32mg (16.13%), Vitamin B3: 3.22mg (16.11%), Vitamin B2: 0.2mg (11.78%), Phosphorus: 113.43mg (11.34%), Vitamin C: 8.84mg (10.72%), Iron: 1.9mg (10.56%), Copper: 0.18mg (8.92%), Vitamin K: 9.01µg (8.59%), Fiber: 1.9g (7.6%), Vitamin A: 359IU (7.18%), Vitamin B5: 0.7mg (6.98%), Zinc: 0.92mg (6.11%), Vitamin B6: 0.12mg (5.97%), Potassium: 198.87mg (5.68%), Calcium: 56.77mg (5.68%), Magnesium: 15.69mg (3.92%), Vitamin B12: 0.18µg (3.07%), Vitamin E: 0.34mg (2.24%)