

SIDE DISH

Easy Oven Brown Rice

22 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
70 min	10 min	60 min	3	\$0.39	411 kcal



If you have roughly 1 hour and 10 minutes to spend in the kitchen, Easy Oven Brown Rice might be a great gluten free, lacto ovo vegetarian, and fodmap friendly recipe to try. One serving contains 411 calories, 7g of protein, and 10g of fat. This recipe serves 3.

Ingredients

- ☐ 1½ cups brown rice
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons butter
- ☐ 3 cups boiling water

EQUIPMENT Oven, Casserole dish

Method

- 1 Preheat oven to 400 degrees F (200 degrees C).
- 2 Place rice, salt, and butter in a casserole dish that has a cover.

- 3 Pour boiling water over rice; stir.
- 4 Cover and bake in preheated oven until liquid is absorbed and rice is tender, about 1 hour.
- 5 Remove from oven, fluff with fork, and serve hot.

Nutrition per serving

411	7 g	10 g	72 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			5.3 g · 33% of daily needs
Fibre			3.2 g · 13% of daily needs
Sugar			0 g · 0% of daily needs
Sodium			851 mg · 37% of daily needs
Cholesterol			20.1 mg · 7% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/easy-oven-brown-rice-144524