



Easy Oven Brown Rice



Vegetarian



Gluten Free



Low Fod Map

READY IN



70 min.

SERVINGS



3

CALORIES



411 kcal

SIDE DISH

Ingredients

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

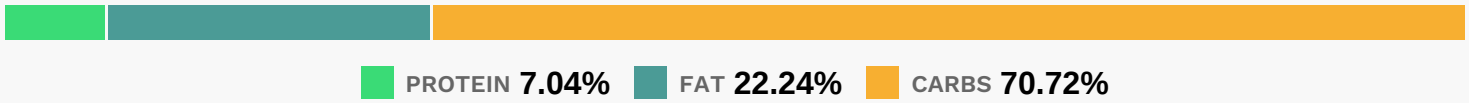
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Place rice, salt, and butter in a casserole dish that has a cover.
- ☐ Pour boiling water over rice; stir.
- ☐ Cover and bake in preheated oven until liquid is absorbed and rice is tender, about 1 hour.
- ☐ Remove from oven, fluff with fork, and serve hot.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:40.62, Inflammation Score:-6, Nutrition Score:13.983478308372%

Nutrients (% of daily need)

Calories: 410.82kcal (20.54%), Fat: 10.12g (15.56%), Saturated Fat: 5.31g (33.17%), Carbohydrates: 72.37g (24.12%), Net Carbohydrates: 69.14g (25.14%), Sugar: 0.01g (0.01%), Cholesterol: 20.07mg (6.69%), Sodium: 850.8mg (36.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.41%), Manganese: 3.56mg (177.89%), Magnesium: 138.42mg (34.61%), Vitamin B1: 0.39mg (26.19%), Phosphorus: 253.04mg (25.3%), Vitamin B6: 0.48mg (24.19%), Vitamin B3: 4.1mg (20.48%), Copper: 0.3mg (15.08%), Vitamin B5: 1.43mg (14.29%), Zinc: 1.95mg (13.02%), Fiber: 3.23g (12.92%), Iron: 1.72mg (9.55%), Potassium: 257mg (7.34%), Folate: 19.28µg (4.82%), Vitamin A: 233.24IU (4.66%), Calcium: 41.17mg (4.12%), Vitamin B2: 0.04mg (2.59%), Vitamin E: 0.22mg (1.44%)