



Lemony mushroom & herb rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



85 kcal

SIDE DISH

Ingredients

- ☐ 4 servings rice long grain
- ☐ 250 g crimini mushrooms
- ☐ 2 tbsp olive oil
- ☐ 2 large garlic clove finely chopped
- ☐ 5 tbsp parsley chopped
- ☐ 3 tbsp chives snipped
- ☐ 1 lemon zest finely grated

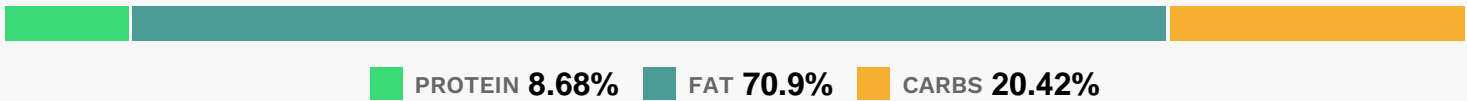
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ Fill a roomy saucepan with water, bring to the boil and tip in a heaped teaspoon of salt – the water will bubble furiously.
- ☐ Pour in the rice, stir once and return to the boil, then turn the heat down a little so that the water is boiling steadily, but not vigorously.
- ☐ Boil uncovered, without stirring (this makes for sticky rice) for 10 minutes. Lift some out with a slotted spoon and nibble a grain or two. If they're too crunchy, cook for another minute and taste again. They should be tender but with a little bite.
- ☐ Drain the rice into a large sieve and rinse by pouring over a kettle of very hot water.
- ☐ Meanwhile, chop the chestnut mushrooms into smallish chunks and fry in olive oil in a large frying pan over a high heat for 4 minutes until golden. Stir in garlic and fry for 1 minute.
- ☐ Drain and rinse the rice and toss it into the mushrooms with the parsley, chives and lemon zest. Try a little and add salt if necessary. The zingy, fresh flavours go really well with grilled fish.

Nutrition Facts



Properties

Glycemic Index:42.05, Glycemic Load:0.69, Inflammation Score:-5, Nutrition Score:10.968260895947%

Flavonoids

Apigenin: 10.24mg, Apigenin: 10.24mg, Apigenin: 10.24mg, Apigenin: 10.24mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 84.61kcal (4.23%), Fat: 7.14g (10.98%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 4.62g (1.54%), Net Carbohydrates: 3.83g (1.39%), Sugar: 1.24g (1.37%), Cholesterol: 0mg (0%), Sodium: 7.01mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.93%), Vitamin K: 86.93µg (82.79%), Selenium: 16.65µg (23.78%), Vitamin B2: 0.32mg (18.64%), Copper: 0.33mg (16.56%), Vitamin B3: 2.48mg (12.42%), Vitamin C: 10.03mg (12.15%), Vitamin A: 498.97IU (9.98%), Vitamin B5: 0.99mg (9.88%), Potassium: 322.61mg (9.22%), Phosphorus: 82.68mg (8.27%), Vitamin E: 1.06mg (7.07%), Manganese: 0.14mg (7.04%), Folate: 25.53µg (6.38%), Zinc: 0.78mg (5.22%), Vitamin B6: 0.1mg (4.95%), Vitamin B1: 0.07mg (4.65%), Iron: 0.67mg (3.7%), Fiber: 0.79g (3.17%), Calcium: 24.95mg (2.49%), Magnesium: 9.8mg (2.45%), Vitamin B12: 0.06µg (1.04%)