

SIDE DISH

Mixed Mushroom Rice

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
15 min	5 min	10 min	5	\$3.22	356 kcal



Mixed Mushroom Rice is a side dish that serves 5. Watching your figure? This gluten free and lacto ovo vegetarian recipe has 766 calories, 18g of protein, and 11g of fat per serving. For \$3.22 per serving, this recipe covers 16% of your daily requirements of vitamins and minerals. It is brought to y...

Ingredients

- ☐ 5 servings Freshly ground black pepper
- ☐ 5 cups cooked white rice
- ☐ 1 medium onion, diced
- ☐ 5 servings Soy sauce, to taste
- ☐ ½ stick butter
- ☐ ½ cup sliced green onions
- ☐ 5 servings Salt
- ☐ 3 cups chopped mixed mushrooms (white, portobello, shiitake, etc.)

EQUIPMENT Frying pan

Method

- 1
- Saute the mushrooms and onion in butter in a skillet until soft. Stir in rice, soy sauce, salt and pepper, and green onions. Cook until warmed through.

Nutrition per serving			
	356	10 g	10 g
	KCAL	PROTEIN	FAT
			58 g
			CARBS
Saturated Fat			6 g · 37% of daily needs
Fibre			4.8 g · 19% of daily needs
Sugar			4.8 g · 5% of daily needs
Sodium			1,288 mg · 56% of daily needs
Cholesterol			24.3 mg · 8% of daily needs
Vitamin C			3.5 mg · 4% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/mixed-mushroom-rice-148400