



WHATSheATE



Mushroom and Pine Nut Fried Brown Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



336 kcal

SIDE DISH

Ingredients



2 tablespoons balsamic vinegar



8.8 ounce brown rice (such as Uncle Ben's)



1.5 cups crimini mushrooms sliced



1 teaspoon garlic minced



0.5 cup onion thinly sliced



1 tablespoon vegetable oil; peanut oil preferred



0.3 cup pinenuts



0.3 teaspoon salt

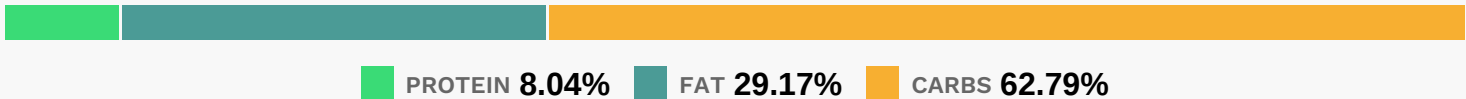
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat a large wok or skillet over medium-high heat.
- ☐ Add peanut oil; swirl.
- ☐ Add onion and garlic; stir-fry 1 minute.
- ☐ Add mushrooms and pine nuts; stir-fry 2 minutes.
- ☐ Add rice; stir-fry 1 minute. Stir in balsamic vinegar and salt; cook 1 minute.

Nutrition Facts



Properties

Glycemic Index:41.44, Glycemic Load:27.83, Inflammation Score:-5, Nutrition Score:15.045652127622%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 335.6kcal (16.78%), Fat: 10.99g (16.91%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 53.25g (17.75%), Net Carbohydrates: 50.3g (18.29%), Sugar: 2.82g (3.13%), Cholesterol: 0mg (0%), Sodium: 152.39mg (6.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.63%), Manganese: 3.16mg (158.23%), Magnesium: 115.95mg (28.99%), Phosphorus: 254.04mg (25.4%), Vitamin B1: 0.32mg (21.64%), Copper: 0.43mg (21.57%), Vitamin B3: 4.11mg (20.56%), Vitamin B6: 0.39mg (19.42%), Zinc: 2.15mg (14.34%), Vitamin B5: 1.39mg (13.92%), Fiber: 2.95g (11.8%), Vitamin B2: 0.18mg (10.85%), Potassium: 379.68mg (10.85%), Selenium: 7.29µg (10.41%), Iron: 1.81mg (10.07%), Vitamin E: 1.34mg (8.96%), Folate: 25.92µg (6.48%), Vitamin K: 4.67µg (4.44%), Calcium: 35mg (3.5%), Vitamin C: 1.78mg (2.16%)