



## Mushroom Rice Pilaf

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



45

CALORIES



30 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.8 cup planters almonds toasted sliced
- 2 wylers bouillon beef cubes instant flavored
- 2 Tbsp parsley fresh chopped
- 1.5 cups rice white instant uncooked
- 3 Tbsp butter
- 2 cups mushrooms mixed sliced
- 2 cups water

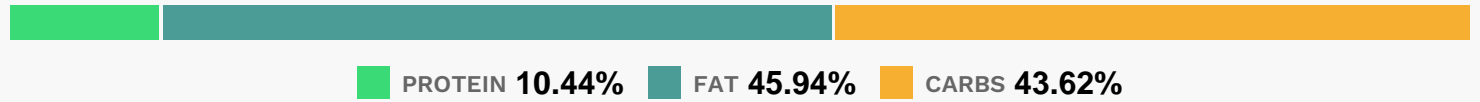
## Equipment

frying pan

## Directions

- Melt margarine in large skillet on medium-high heat.
- Add mushrooms; cook and stir 3 to 4 min. or until tender.
- Add rice; cook 3 min., stirring frequently. Meanwhile, dissolve bouillon in water.
- Add to rice; stir. Bring to boil. Reduce heat to medium-low; cover. Simmer 5 min. or until liquid is absorbed.
- Stir in almonds and parsley.

## Nutrition Facts



## Properties

Glycemic Index:1.64, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:1.7547825984657%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 30.26kcal (1.51%), Fat: 1.6g (2.46%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 3.42g (1.14%), Net Carbohydrates: 2.92g (1.06%), Sugar: 0.33g (0.37%), Cholesterol: 0.01mg (0%), Sodium: 53.29mg (2.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Manganese: 0.09mg (4.37%), Vitamin B3: 0.65mg (3.27%), Vitamin E: 0.42mg (2.83%), Vitamin K: 2.77µg (2.64%), Folate: 10.19µg (2.55%), Selenium: 1.75µg (2.5%), Vitamin B2: 0.04mg (2.41%), Phosphorus: 22.72mg (2.27%), Vitamin B1: 0.03mg (2.12%), Fiber: 0.5g (2.01%), Copper: 0.04mg (1.85%), Vitamin B6: 0.04mg (1.78%), Vitamin B5: 0.17mg (1.72%), Magnesium: 6.86mg (1.71%), Iron: 0.29mg (1.63%), Zinc: 0.2mg (1.3%), Potassium: 44.59mg (1.27%)