



## One Bowl Rice

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 10.5 ounce beef broth canned
- 4.5 ounce mushrooms with liquid canned
- 2 stalks celery finely chopped
- 1 ounce onion soup mix dry
- 1 bell pepper red finely chopped
- 2 cups rice long-grain uncooked
- 3 tablespoons soya sauce
- 0.5 cup vegetable oil

1 cup water

## Equipment

oven

baking pan

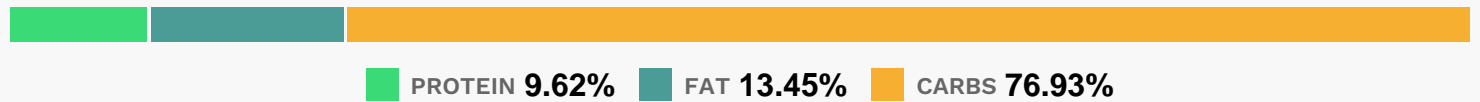
## Directions

Preheat oven to 350 degrees F (175 degrees C).

In a 9x13 inch baking dish, combine rice, mushrooms, celery, red bell pepper, onion soup mix, beef broth, oil, water and soy sauce.

Bake, covered, in preheated oven for 45 minutes, or until all liquid is absorbed and rice is cooked.

## Nutrition Facts



## Properties

Glycemic Index:17.52, Glycemic Load:22.54, Inflammation Score:-5, Nutrition Score:7.6143477954294%

## Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 219.19kcal (10.96%), Fat: 3.24g (4.98%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 41.68g (13.89%), Net Carbohydrates: 39.94g (14.52%), Sugar: 1.47g (1.63%), Cholesterol: 0mg (0%), Sodium: 880.22mg (38.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.42%), Manganese: 0.6mg (30.24%), Vitamin C: 19.47mg (23.6%), Selenium: 8.18µg (11.69%), Vitamin A: 511.17IU (10.22%), Phosphorus: 91.07mg (9.11%), Vitamin B3: 1.78mg (8.9%), Vitamin B6: 0.17mg (8.71%), Copper: 0.17mg (8.58%), Vitamin K: 8.77µg (8.35%), Vitamin B5: 0.73mg (7.33%), Fiber: 1.74g (6.98%), Magnesium: 22.71mg (5.68%), Potassium: 191.1mg (5.46%), Zinc: 0.74mg (4.94%), Vitamin B1: 0.07mg (4.71%), Iron: 0.85mg (4.71%), Folate: 18.02µg (4.5%), Vitamin B2: 0.07mg (4.24%), Vitamin E: 0.54mg (3.61%), Calcium: 29.28mg (2.93%)