



## Quick Brown Rice and Mushroom Pilaf

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

READY IN



45 min.

SERVINGS



8

CALORIES



354 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 cups brown rice uncooked minute®
- 0.3 cup celery chopped
- 14.5 ounce chicken broth canned
- 2 tablespoons parsley fresh chopped
- 1.5 cups mushrooms sliced
- 2 tablespoons olive oil
- 1 small onion chopped
- 0.5 cup walnuts toasted chopped

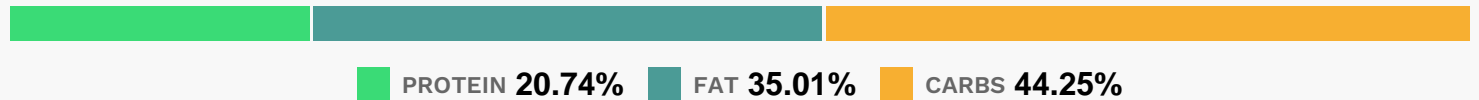
# Equipment

sauce pan

# Directions

- Heat oil in medium saucepan on medium heat.
- Add onions and celery; cook 3 minutes or until crisp-tender, stirring occasionally.
- Add mushrooms; cook 3 minutes or until mushrooms are tender, stirring occasionally.
- Add broth; stir. Bring to boil.
- Stir in rice; cover. Reduce heat to medium-low; simmer 5 minutes.
- Remove from heat; let stand 5 minutes.
- Add walnuts and parsley; mix lightly.

# Nutrition Facts



# Properties

Glycemic Index:25.22, Glycemic Load:20.74, Inflammation Score:-5, Nutrition Score:15.483043476291%

# Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

# Nutrients (% of daily need)

Calories: 354.04kcal (17.7%), Fat: 13.79g (21.21%), Saturated Fat: 2.36g (14.73%), Carbohydrates: 39.21g (13.07%), Net Carbohydrates: 36.69g (13.34%), Sugar: 0.97g (1.08%), Cholesterol: 25.69mg (8.56%), Sodium: 254.12mg (11.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.38g (36.76%), Manganese: 2.05mg (102.61%), Phosphorus: 248.67mg (24.87%), Magnesium: 92.58mg (23.15%), Vitamin B6: 0.41mg (20.56%), Vitamin B3: 4.04mg (20.22%), Vitamin K: 20.85µg (19.85%), Zinc: 2.59mg (17.29%), Copper: 0.34mg (16.84%), Selenium: 11.54µg (16.49%), Vitamin B1: 0.24mg (16.08%), Iron: 1.93mg (10.73%), Vitamin B5: 1.04mg (10.43%), Fiber: 2.52g (10.07%), Vitamin B2: 0.16mg (9.43%), Potassium: 321.96mg (9.2%), Vitamin B12: 0.52µg (8.68%), Folate: 25.07µg (6.27%),

Vitamin E: 0.74mg (4.93%), Vitamin A: 191IU (3.82%), Calcium: 35.26mg (3.53%), Vitamin C: 2.55mg (3.09%)