



## Quick Brown Rice and Mushroom Pilaf

 Vegetarian  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



173 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup celery chopped
- 2.5 cups chicken broth
- 2 Tbsp parsley fresh chopped
- 2 cups brown rice instant uncooked
- 4 oz mushrooms sliced
- 2 Tbsp olive oil
- 0.5 cup onion chopped
- 0.5 cup planters walnut pieces toasted

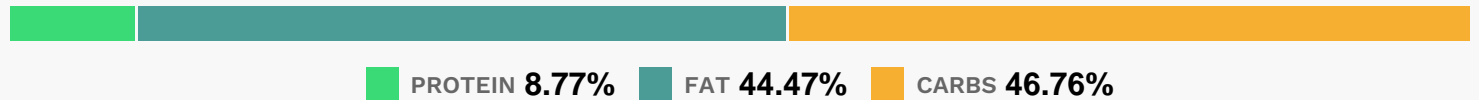
# Equipment

sauce pan

# Directions

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

# Nutrition Facts



# Properties

Glycemic Index:17.88, Glycemic Load:0.43, Inflammation Score:-4, Nutrition Score:7.7513042338516%

# Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Apigenin: 2.14mg, Apigenin: 2.14mg, Apigenin: 2.14mg, Apigenin: 2.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

# Nutrients (% of daily need)

Calories: 172.77kcal (8.64%), Fat: 8.7g (13.38%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 20.57g (6.86%), Net Carbohydrates: 19.28g (7.01%), Sugar: 1.27g (1.41%), Cholesterol: 1.47mg (0.49%), Sodium: 278.99mg (12.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.72%), Manganese: 0.52mg (25.98%), Folate: 73.18µg (18.3%), Vitamin K: 18.87µg (17.97%), Vitamin B1: 0.26mg (17.13%), Selenium: 10.03µg (14.33%), Vitamin B3: 2.29mg (11.47%), Copper: 0.22mg (10.84%), Iron: 1.8mg (9.97%), Vitamin B2: 0.12mg (7.22%), Phosphorus: 70.01mg (7%), Fiber: 1.29g (5.17%), Vitamin B6: 0.1mg (4.77%), Magnesium: 18.4mg (4.6%), Zinc: 0.69mg (4.6%), Vitamin E: 0.61mg (4.08%), Vitamin B5: 0.38mg (3.77%), Potassium: 124.45mg (3.56%), Vitamin C: 2.49mg (3.02%), Calcium: 20.17mg

(2.02%), Vitamin A: 97.33IU (1.95%)