



WHATSheATE



## Raid-the-fridge rice

 Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



366 kcal

SIDE DISH

## Ingredients

- ☐ 6 canadian bacon chopped
- ☐ 1 handful cupcake liners halved
- ☐ 1 tbsp vegetable oil
- ☐ 1 small onion chopped
- ☐ 1 garlic clove crushed
- ☐ 150 g rice long-grain
- ☐ 300 ml vegetable stock with a cube hot (1 mug)
- ☐ 1 handful cheddar cheese hard grated

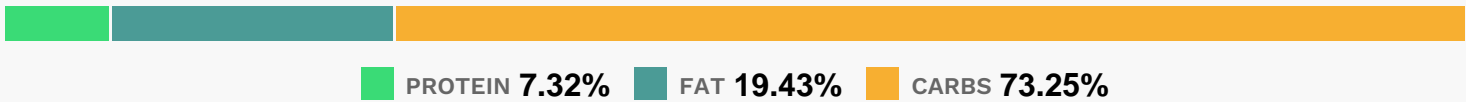
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

# Directions

- ☐ Heat a large, non-stick saucepan and tip in the bacon. Fry for a few mins over a medium heat, until the fat has started to come out of the bacon.
- ☐ Add the mushrooms, turn up the heat a little, then fry for another 3-4 mins until the mushrooms are cooked through and golden and the bacon is crisp. Tip onto a heatproof plate and keep warm, either in a low oven or covered with foil.
- ☐ In the same pan, heat the oil, then gently fry the onion for 5 mins or until soft.
- ☐ Add the garlic and fry for another min, then tip in the rice.
- ☐ Pour in the stock, stir once and bring to the boil. Turn down to a gentle simmer and cook for 10 mins, until almost all of the liquid has gone. The rice will be a little underdone at this point. Take off the heat, give it a stir and cover with a lid (or a big plate). Leave for 5 mins to finish cooking in its own steam.
- ☐ Stir most of the cheese through the rice, then season to taste.
- ☐ Serve in bowls topped with the bacon and mushrooms and the rest of the cheese sprinkled over.

# Nutrition Facts



# Properties

Glycemic Index:95.09, Glycemic Load:37.81, Inflammation Score:-4, Nutrition Score:7.7978261761043%

# Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg

Nutrients (% of daily need)

Calories: 366.08kcal (18.3%), Fat: 7.78g (11.97%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 65.98g (21.99%), Net Carbohydrates: 64.38g (23.41%), Sugar: 3.03g (3.37%), Cholesterol: 2.01mg (0.67%), Sodium: 633.4mg (27.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.18%), Manganese: 0.89mg (44.4%), Selenium: 12.67µg (18.1%), Vitamin K: 12.78µg (12.17%), Phosphorus: 108.74mg (10.87%), Vitamin B6: 0.2mg (9.79%), Copper: 0.18mg (9.25%), Vitamin B5: 0.83mg (8.31%), Vitamin B3: 1.45mg (7.23%), Vitamin A: 323.46IU (6.47%), Fiber: 1.61g (6.42%), Zinc: 0.96mg (6.37%), Vitamin B1: 0.1mg (6.35%), Magnesium: 23.33mg (5.83%), Potassium: 154.54mg (4.42%), Vitamin E: 0.66mg (4.38%), Iron: 0.73mg (4.05%), Vitamin C: 3.06mg (3.71%), Calcium: 36.19mg (3.62%), Vitamin B2: 0.06mg (3.32%), Folate: 13.11µg (3.28%)