



Rice with Mushrooms and Shrimp

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

READY IN



45 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup rice uncooked
- 0.3 teaspoon pepper black
- 2 teaspoons capers
- 1 cup carrots chopped
- 0.5 cup less-sodium chicken broth fat-free
- 0.3 cup chives fresh minced
- 4 garlic cloves minced
- 2 tablespoons juice of lemon fresh

- 1.5 teaspoons lemon rind grated
- 1.5 cups mushrooms chopped
- 1 tablespoon olive oil
- 0.5 cup onion chopped
- 0.5 cup bottled roasted bell peppers red chopped
- 0.5 teaspoon salt
- 1.5 pounds shrimp deveined peeled

Equipment

- frying pan

Directions

- Cook rice according to package directions, omitting salt and fat.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add onion; saut 3 minutes.
- Add carrot and garlic; saut 3 minutes.
- Add mushrooms; saut 3 minutes. Stir in bell pepper, broth, salt, pepper, and shrimp. Cover, reduce heat to medium, and cook 3 minutes or until shrimp are done. Stir in rice, chives, and remaining ingredients. Cook 3 minutes or until thoroughly heated, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:68.5, Glycemic Load:24.26, Inflammation Score:-10, Nutrition Score:19.959565265023%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg

Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg

Nutrients (% of daily need)

Calories: 385.43kcal (19.27%), Fat: 5.06g (7.78%), Saturated Fat: 0.8g (4.98%), Carbohydrates: 45.67g (15.22%), Net Carbohydrates: 42.98g (15.63%), Sugar: 3.48g (3.86%), Cholesterol: 273.86mg (91.29%), Sodium: 904.21mg (39.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.76g (79.51%), Vitamin A: 5549.3IU (110.99%), Phosphorus: 478.8mg (47.88%), Copper: 0.95mg (47.6%), Manganese: 0.76mg (37.84%), Potassium: 812.9mg (23.23%), Vitamin C: 18.56mg (22.5%), Magnesium: 85.3mg (21.32%), Zinc: 3.18mg (21.19%), Selenium: 11.62µg (16.6%), Calcium: 156.72mg (15.67%), Vitamin B3: 2.69mg (13.43%), Vitamin B6: 0.26mg (13.13%), Vitamin B2: 0.21mg (12.47%), Vitamin B5: 1.2mg (12.01%), Vitamin K: 12.28µg (11.7%), Fiber: 2.7g (10.79%), Iron: 1.91mg (10.59%), Vitamin B1: 0.11mg (7.25%), Folate: 27.35µg (6.84%), Vitamin E: 0.8mg (5.36%), Vitamin B12: 0.07µg (1.19%)