



Shiitake Mushroom Brown Rice



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



230 kcal

SIDE DISH

Ingredients

- ☐ 1 cup mushroom broth
- ☐ 1 cup brown rice
- ☐ 1 cup chicken broth
- ☐ 0.3 cup scallions sliced
- ☐ 1 tablespoon sesame oil
- ☐ 1 tablespoon sesame oil for frying
- ☐ 6 mushroom caps stemmed sliced
- ☐ 2 tablespoons soya sauce

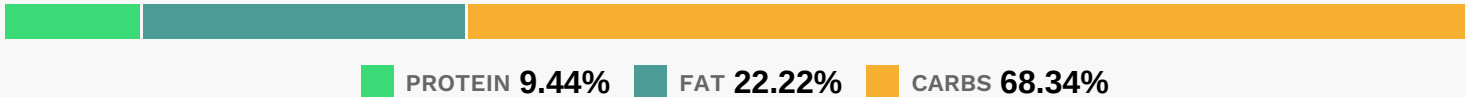
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ In a large cast iron pan add 1 tablespoon oil over medium heat.
- ☐ Add all the remaining ingredients and combine. Cover with a lid and place in oven for 30 minutes. Fluff rice when ready to serve.

Nutrition Facts



Properties

Glycemic Index:45.69, Glycemic Load:21.09, Inflammation Score:-5, Nutrition Score:11.607391435815%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 230.08kcal (11.5%), Fat: 5.72g (8.8%), Saturated Fat: 0.86g (5.39%), Carbohydrates: 39.58g (13.19%), Net Carbohydrates: 37.2g (13.53%), Sugar: 1.55g (1.72%), Cholesterol: 1.17mg (0.39%), Sodium: 960.49mg (41.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.47g (10.94%), Manganese: 1.91mg (95.41%), Magnesium: 77.56mg (19.39%), Vitamin B3: 3.38mg (16.89%), Phosphorus: 165.28mg (16.53%), Vitamin B6: 0.33mg (16.26%), Vitamin B1: 0.22mg (14.69%), Vitamin K: 13.51µg (12.87%), Vitamin B5: 1.07mg (10.68%), Fiber: 2.37g (9.5%), Copper: 0.19mg (9.38%), Zinc: 1.28mg (8.53%), Iron: 1.29mg (7.16%), Vitamin B2: 0.12mg (7.02%), Potassium: 238.04mg (6.8%), Folate: 17.85µg (4.46%), Vitamin A: 188.63IU (3.77%), Calcium: 24.75mg (2.47%), Selenium: 1.54µg (2.2%), Vitamin C: 1.17mg (1.42%)