



Vegetable Rice Pilaf in the Rice Cooker



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



348 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 small heads baby bok choy trimmed chopped
- ☐ 1 carrots chopped
- ☐ 1 teaspoon chicken soup base
- ☐ 3 green onions chopped
- ☐ 6 servings ground pepper black to taste
- ☐ 4 mushrooms chopped
- ☐ 0.3 cup water
- ☐ 3 cups rice white uncooked

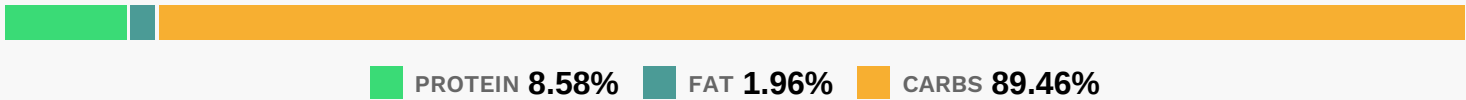
Equipment

- ☐ bowl
- ☐ blender
- ☐ rice cooker

Directions

- ☐ Dissolve 3 teaspoons chicken bouillon in 3 1/2 cups water in a rice cooker.
- ☐ Stir rice, baby bok choy, green onions, carrot, and mushrooms into the bouillon and water mixture.
- ☐ Start rice cooker and cook until liquid is absorbed and rice is tender, about 50 minutes.
- ☐ Dissolve 1 teaspoon chicken bouillon and 1/4 cup water in a small bowl; transfer mixture to a blender.
- ☐ Scoop about 1 cup of the rice mixture into the blender with the bouillon mixture; process until mixture becomes a thin paste, adding more water as needed.
- ☐ Mix the rice paste with the remaining cooked vegetables and rice until thoroughly combined.
- ☐ Season with black pepper.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:45.04, Inflammation Score:-8, Nutrition Score:10.307391329304%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 347.87kcal (17.39%), Fat: 0.74g (1.14%), Saturated Fat: 0.19g (1.19%), Carbohydrates: 75.94g (25.31%), Net Carbohydrates: 74.13g (26.96%), Sugar: 1.06g (1.18%), Cholesterol: 0.04mg (0.01%), Sodium: 93.8mg (4.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.28g (14.57%), Manganese: 1.05mg (52.5%), Vitamin A:

1788.48IU (35.77%), Selenium: 15.35µg (21.93%), Vitamin K: 14.02µg (13.35%), Copper: 0.26mg (12.92%), Phosphorus: 124.33mg (12.43%), Vitamin B5: 1.17mg (11.73%), Vitamin B3: 2.1mg (10.51%), Vitamin B6: 0.18mg (9.19%), Zinc: 1.13mg (7.52%), Fiber: 1.81g (7.23%), Magnesium: 27.2mg (6.8%), Vitamin B2: 0.11mg (6.54%), Vitamin B1: 0.09mg (5.73%), Potassium: 200.23mg (5.72%), Iron: 0.94mg (5.24%), Folate: 15.56µg (3.89%), Calcium: 36.07mg (3.61%), Vitamin C: 2.31mg (2.8%), Vitamin E: 0.21mg (1.37%)