



WHATSheATE



Zucchini and Walnut Fried Brown Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

SIDE DISH

Ingredients



8.8 ounce brown rice (such as Uncle Ben's)



2 teaspoons dijon mustard



1 teaspoon garlic minced



0.5 cup onion thinly sliced



1 tablespoon vegetable oil; peanut oil preferred



0.3 teaspoon salt



0.3 cup walnut pieces chopped



2 tablespoons citrus champagne vinegar

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1.5 cups zucchini sliced

Equipment

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frying pan

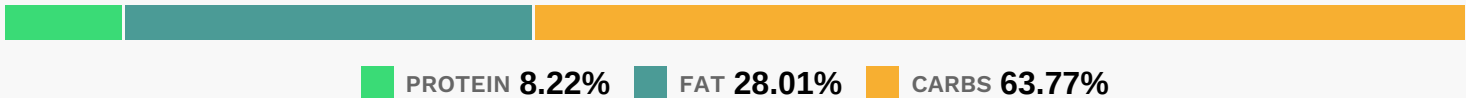
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wok

Directions

- ☐ Heat a wok or skillet over medium-high heat.
- ☐ Add peanut oil; swirl.
- ☐ Add onion and garlic; stir-fry 1 minute.
- ☐ Add zucchini and walnuts; stir-fry 2 minutes.
- ☐ Add rice; stir-fry 1 minute. Stir in vinegar, Dijon mustard, and salt

Nutrition Facts



Properties

Glycemic Index:45.69, Glycemic Load:27.4, Inflammation Score:-6, Nutrition Score:14.058695705041%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 324.51kcal (16.23%), Fat: 10.2g (15.69%), Saturated Fat: 1.43g (8.93%), Carbohydrates: 52.22g (17.41%), Net Carbohydrates: 48.68g (17.7%), Sugar: 2.24g (2.49%), Cholesterol: 0mg (0%), Sodium: 180.73mg (7.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.46%), Manganese: 2.72mg (135.95%), Magnesium: 112.8mg (28.2%), Vitamin B6: 0.47mg (23.38%), Phosphorus: 217.87mg (21.79%), Vitamin B1: 0.32mg (21.26%), Copper: 0.33mg (16.32%), Vitamin B3: 3.02mg (15.1%), Fiber: 3.54g (14.15%), Vitamin C: 10.18mg (12.34%), Zinc: 1.7mg (11.31%), Vitamin B5: 1.1mg (11.04%), Potassium: 359.67mg (10.28%), Iron: 1.64mg (9.1%), Folate: 34.8µg (8.7%), Vitamin B2: 0.09mg (5.26%), Vitamin E: 0.67mg (4.47%), Calcium: 43.26mg (4.33%), Vitamin K: 2.35µg (2.24%), Selenium: 1.51µg (2.15%), Vitamin A: 96.71IU (1.93%)