



## Bacon and Mushroom Wild Rice

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

READY IN



**70 min.**

SERVINGS



**9**

CALORIES



**109 kcal**

**SIDE DISH**

### Ingredients

- 1 tablespoon butter reduced-fat
- 1 cup rice wild uncooked
- 4 ounces mushrooms fresh sliced
- 2 tablespoons spring onion thinly sliced
- 2.5 cups water
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 0.3 cup bacon bits

# Equipment

frying pan

# Directions

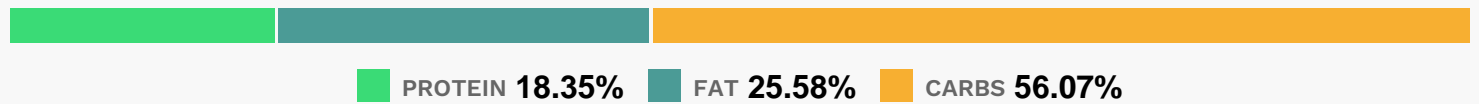
Melt margarine in 10-inch nonstick skillet over medium heat. Cook wild rice, mushrooms and onions in margarine about 3 minutes, stirring occasionally, until onions are tender.

Stir in water, salt and pepper.

Heat to boiling, stirring occasionally; reduce heat.

Cover and simmer 40 to 50 minutes or until rice is tender; drain if necessary. Stir in bacon bits.

# Nutrition Facts



# Properties

Glycemic Index:16.89, Glycemic Load:6.96, Inflammation Score:-3, Nutrition Score:5.0139130114213%

# Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

# Nutrients (% of daily need)

Calories: 109.27kcal (5.46%), Fat: 3.19g (4.91%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 15.75g (5.25%), Net Carbohydrates: 13.81g (5.02%), Sugar: 0.73g (0.81%), Cholesterol: 0mg (0%), Sodium: 265.57mg (11.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.31%), Manganese: 0.25mg (12.59%), Phosphorus: 103.01mg (10.3%), Magnesium: 39.91mg (9.98%), Copper: 0.18mg (9.06%), Vitamin B3: 1.76mg (8.82%), Zinc: 1.26mg (8.4%), Fiber: 1.95g (7.79%), Folate: 28.26µg (7.06%), Vitamin B2: 0.1mg (6.09%), Vitamin B1: 0.07mg (4.74%), Vitamin B6: 0.09mg (4.45%), Vitamin E: 0.66mg (4.38%), Vitamin B5: 0.38mg (3.83%), Potassium: 130.61mg (3.73%), Selenium: 2.17µg (3.1%), Vitamin K: 3.19µg (3.04%), Iron: 0.49mg (2.69%), Calcium: 14.47mg (1.45%), Vitamin A: 72.62IU (1.45%), Vitamin B12: 0.09µg (1.42%)