



Bacon-and-Mushroom Wild Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



133 kcal

SIDE DISH

Ingredients

- ☐ 4 slices bacon
- ☐ 2.7 cups chicken broth
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 3 green onions chopped
- ☐ 2 tablespoons parsley chopped
- ☐ 5.5 ounce quick-cooking rice wild
- ☐ 0.5 teaspoon greek seasoning

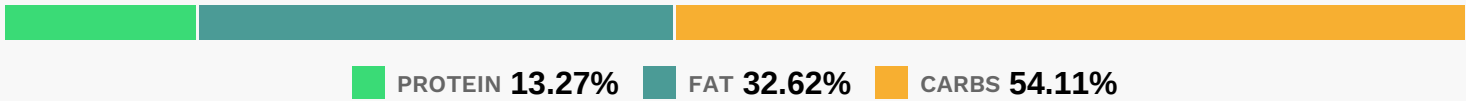
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Cook bacon in a large skillet until crisp; remove bacon, and drain on paper towels, reserving 2 tablespoons drippings in skillet. Crumble bacon, and set aside.
- ☐ Saut mushrooms and green onions in hot drippings in skillet 8 minutes or until tender. Set aside.
- ☐ Bring chicken broth to a boil in a large saucepan. Stir in rice; reduce heat to low, cover, and simmer 8 minutes or until tender.
- ☐ Toss together cooked rice, bacon, mushroom mixture, parsley, and Greek seasoning.
- ☐ For testing purposes only, we used Fanci
- ☐ Food All Natural Quick Cooking Wild Rice.

Nutrition Facts



Properties

Glycemic Index:12.63, Glycemic Load:0.29, Inflammation Score:-4, Nutrition Score:7.6713044513827%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 133.49kcal (6.67%), Fat: 4.84g (7.45%), Saturated Fat: 1.52g (9.53%), Carbohydrates: 18.06g (6.02%), Net Carbohydrates: 17.13g (6.23%), Sugar: 1.03g (1.15%), Cholesterol: 8.83mg (2.94%), Sodium: 368.16mg (16.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.86%), Vitamin K: 27.65µg (26.33%), Selenium: 12.45µg (17.79%), Vitamin B1: 0.25mg (16.94%), Folate: 63.55µg (15.89%), Vitamin B3: 3.05mg (15.27%), Manganese: 0.27mg (13.34%), Vitamin B2: 0.18mg (10.63%), Iron: 1.71mg (9.51%), Copper: 0.15mg (7.41%), Phosphorus: 69.05mg (6.91%), Vitamin B5: 0.59mg (5.87%), Vitamin B6: 0.09mg (4.47%), Potassium: 153.14mg (4.38%), Zinc: 0.65mg (4.32%), Fiber: 0.93g (3.74%), Vitamin C: 2.78mg (3.37%), Vitamin A: 139.98IU (2.8%), Magnesium: 9.62mg (2.4%), Calcium:

18.36mg (1.84%), Vitamin B12: 0.08µg (1.37%), Vitamin E: 0.18mg (1.19%)