

STARTER & SNACK

# Baked Wild Rice

6 October 2026

| TOTAL TIME | PREP   | COOK   | SERVES | PER SERVING | CALORIES |
|------------|--------|--------|--------|-------------|----------|
| 70 min     | 10 min | 60 min | 6      | \$1.67      | 620 kcal |



If you want to add more lacto ovo vegetarian recipes to your recipe box, Baked Wild Rice might be a recipe you should try. One portion of this dish contains approximately 13g of protein, 46g of fat, and a total of 636 calories.

## Ingredients

- ☐ ½ cup buttered bread crumbs
- ☐ 2 teaspoons all-purpose flour
- ☐ 1 cup heavy cream
- ☐ 6 servings Salt and freshly ground black pepper
- ☐ 1 medium white onion, chopped
- ☐ 1 cup (2 sticks) butter, plus more for ramekins
- ☐ 1 pound fresh mushrooms, sliced
- ☐ ½ pound raw wild rice
- ☐ ½ cup sherry

EQUIPMENT Frying pan, Oven, Pot, Ramekin

## Method

- 1 Preheat the oven to 350 degrees F. Grease 6 ramekin dishes.
- 2 Cook the rice according to package directions.
- 3 Drain and put the pot over low heat for a few minutes to steam the rice dry.
- 4 Melt the butter in a large skillet over medium heat and add the mushrooms and onions.
- 5 Saute them for a few minutes, then push them to 1 side of the pan and add the flour. Stir until the mushrooms and onions are coated with the butter.
- 6 Add the cream, stirring constantly.
- 7 Add the sherry and salt and pepper, to taste; stir until smooth. Fold in the cooked rice and pour into the ramekins. Top with bread crumbs and bake until the top is brown, about 15 minutes.

### Nutrition per serving

620

KCAL

11 g

PROTEIN

46 g

FAT

41 g

CARBS

|               |                              |
|---------------|------------------------------|
| Saturated Fat | 28.8 g · 180% of daily needs |
| Fibre         | 3.9 g · 15% of daily needs   |
| Sugar         | 5.2 g · 6% of daily needs    |
| Sodium        | 328 mg · 14% of daily needs  |
| Cholesterol   | 126 mg · 42% of daily needs  |
| Vitamin C     | 3.2 mg · 4% of daily needs   |

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/baked-wild-rice-148217](https://whatsheate.com/baked-wild-rice-148217)