



Brussels Sprouts and Wild Rice



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



147 kcal

SIDE DISH

Ingredients

- ☐ 32 ounce brussels sprouts fresh
- ☐ 0.3 cup butter divided
- ☐ 2 cups chicken broth
- ☐ 0.5 cup leeks chopped
- ☐ 0.5 ounce morel mushrooms dried
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 2.5 cups water

- ☐ 3 tablespoons water
- ☐ 6 ounce rice wild uncooked

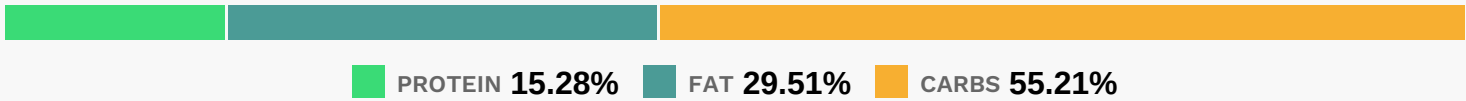
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine water and mushrooms in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 2 minutes.
- ☐ Remove from heat; let stand 30 minutes.
- ☐ Drain mushrooms, reserving 1 cup liquid. Coarsely chop mushrooms.
- ☐ Wash Brussels sprouts thoroughly, and remove discolored leaves. Trim stem ends, and cut in half; set aside.
- ☐ Combine chicken broth and 1 cup reserved liquid in same saucepan; bring to a boil.
- ☐ Add rice and mushrooms. Cover and simmer 50 minutes.
- ☐ Remove from heat; drain.
- ☐ Melt 2 tablespoons butter in a large nonstick skillet over medium-high heat; add leeks. Saut 3 minutes or until tender.
- ☐ Remove from skillet; set aside. Melt remaining butter in skillet over medium-high heat; add Brussels sprouts, and saut 5 minutes or until browned.
- ☐ Add 3 tablespoons water; cover and cook 5 to 6 minutes or until Brussels sprouts are fork-tender, adding more water as necessary.
- ☐ Add cooked rice, leeks, salt, and pepper; stir gently. Cook over medium-low heat just until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:23.4, Glycemic Load:8.23, Inflammation Score:-8, Nutrition Score:18.024782721115%

Flavonoids

Naringenin: 2.98mg, Naringenin: 2.98mg, Naringenin: 2.98mg, Naringenin: 2.98mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 146.52kcal (7.33%), Fat: 5.18g (7.97%), Saturated Fat: 3.01g (18.81%), Carbohydrates: 21.81g (7.27%), Net Carbohydrates: 17.17g (6.24%), Sugar: 2.81g (3.12%), Cholesterol: 13.14mg (4.38%), Sodium: 471.66mg (20.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.07%), Vitamin K: 163.47µg (155.68%), Vitamin C: 77.64mg (94.11%), Manganese: 0.59mg (29.51%), Folate: 74.65µg (18.66%), Fiber: 4.63g (18.54%), Vitamin A: 904.46IU (18.09%), Phosphorus: 143.88mg (14.39%), Vitamin B6: 0.28mg (13.89%), Magnesium: 53.8mg (13.45%), Potassium: 449.9mg (12.85%), Vitamin B1: 0.16mg (10.63%), Iron: 1.91mg (10.61%), Vitamin B3: 1.98mg (9.88%), Zinc: 1.47mg (9.83%), Vitamin B2: 0.16mg (9.42%), Copper: 0.18mg (9.25%), Vitamin E: 1.13mg (7.53%), Calcium: 50.43mg (5.04%), Vitamin B5: 0.49mg (4.87%), Selenium: 2.25µg (3.22%)