

## Cajun Wild Rice



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 pound andouille sausage diced
- ☐ 14 ounce chicken broth canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 cup mushrooms fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 cup onion diced sweet
- ☐ 0.3 cup water
- ☐ 1 cup rice wild uncooked

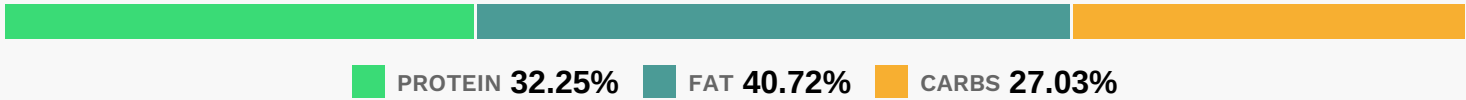
# Equipment

☐ sauce pan

# Directions

- ☐ In a saucepan, combine the wild rice, chicken broth, water, sausage, onion, mushrooms and garlic. Bring to a boil, then reduce heat to low, cover, and simmer for 25 to 30 minutes, or until rice is tender.
- ☐ Remove from the heat, and stir in the cream of mushroom soup. It's that easy!

# Nutrition Facts



# Properties

Glycemic Index:19.67, Glycemic Load:10.5, Inflammation Score:-4, Nutrition Score:14.348260755124%

# Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

# Nutrients (% of daily need)

Calories: 381.18kcal (19.06%), Fat: 17.22g (26.49%), Saturated Fat: 5.49g (34.29%), Carbohydrates: 25.72g (8.57%), Net Carbohydrates: 23.65g (8.6%), Sugar: 2.08g (2.31%), Cholesterol: 68.12mg (22.71%), Sodium: 991.1mg (43.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.68g (61.36%), Vitamin B3: 6.76mg (33.79%), Zinc: 4.84mg (32.3%), Selenium: 22.49µg (32.12%), Phosphorus: 307.13mg (30.71%), Manganese: 0.55mg (27.43%), Vitamin B6: 0.37mg (18.72%), Vitamin B12: 1.12µg (18.66%), Copper: 0.37mg (18.26%), Magnesium: 72.44mg (18.11%), Vitamin B2: 0.3mg (17.73%), Potassium: 480.44mg (13.73%), Iron: 2.33mg (12.94%), Vitamin B1: 0.16mg (10.58%), Vitamin B5: 0.92mg (9.17%), Folate: 36.42µg (9.1%), Fiber: 2.06g (8.25%), Vitamin E: 0.78mg (5.17%), Vitamin D: 0.63µg (4.18%), Vitamin A: 137.9IU (2.76%), Calcium: 26.15mg (2.62%), Vitamin K: 2.09µg (1.99%), Vitamin C: 1.39mg (1.69%)