

Creamy Wild Rice

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



215 kcal

SIDE DISH

Ingredients

- 1 tablespoon carrots diced
- 0.3 teaspoon cayenne pepper
- 1 tablespoon celery diced
- 2 cups rice wild cooked
- 2 tablespoons crimini mushrooms diced
- 1 cup heavy cream
- 1 tablespoon onion diced
- 1 tablespoon parsley leaves italian chopped

- 1 teaspoon freshly cracked pepper black
- 1 tablespoon bell pepper diced red
- 0.5 teaspoon salt
- 1 tablespoon butter unsalted
- 2 tablespoons whole-grain mustard

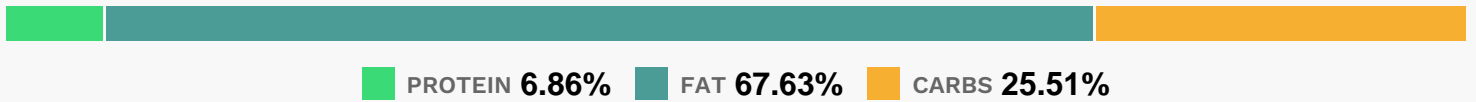
Equipment

- sauce pan

Directions

- In a small saucepan over medium heat, melt butter.
- Add the vegetables and saute for 4 to 5 minutes. Season with the salt, black pepper and cayenne. Stir in the cream and add the cooked wild rice and the mustard.
- Combine well and reduce the heat. Simmer until the cream has thickened, about 5 to 7 minutes. Adjust seasoning, if necessary, stir in the parsley and serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.31, Glycemic Load:0.21, Inflammation Score:-7, Nutrition Score:6.328260857126%

Flavonoids

Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg, Apigenin: 1.47mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 214.57kcal (10.73%), Fat: 16.62g (25.56%), Saturated Fat: 10.37g (64.83%), Carbohydrates: 14.1g (4.7%), Net Carbohydrates: 12.59g (4.58%), Sugar: 2g (2.23%), Cholesterol: 49.84mg (16.61%), Sodium: 265.08mg (11.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.59%), Vitamin A: 1211.46IU (24.23%), Vitamin K: 14.13µg (13.46%), Manganese: 0.24mg (11.85%), Vitamin B2: 0.16mg (9.2%), Phosphorus: 82.95mg (8.29%), Selenium: 4.67µg

(6.68%), Zinc: 0.94mg (6.29%), Magnesium: 24.99mg (6.25%), Fiber: 1.51g (6.04%), Vitamin B6: 0.11mg (5.56%), Copper: 0.11mg (5.38%), Folate: 20.6µg (5.15%), Vitamin B3: 1.01mg (5.06%), Vitamin D: 0.67µg (4.5%), Vitamin E: 0.65mg (4.31%), Potassium: 150.05mg (4.29%), Vitamin C: 3.5mg (4.25%), Vitamin B1: 0.06mg (3.69%), Calcium: 36.91mg (3.69%), Iron: 0.57mg (3.16%), Vitamin B5: 0.3mg (3.01%), Vitamin B12: 0.07µg (1.21%)