


 **3%**  
HEALTH SCORE

# Eggplant and Mushrooms with Wild Rice

 **Gluten Free**

READY IN  
  
**40 min.**

SERVINGS  
  
**6**

CALORIES  
  
**276 kcal**

**SIDE DISH**

## Ingredients

- 3 tablespoons butter
- 1 cup chicken broth
- 10.8 ounce cream of mushroom soup canned
- 1 cup rice wild cooked
- 1 large eggplant cubed peeled
- 8 ounces mushrooms fresh sliced
- 8 ounces mushrooms fresh sliced
- 0.5 teaspoon garlic minced

- 0.3 teaspoon pepper black
- 0.5 cup cream light
- 1 teaspoon seasoning italian
- 3 tablespoons olive oil divided
- 1 medium onion chopped
- 0.5 teaspoon salt

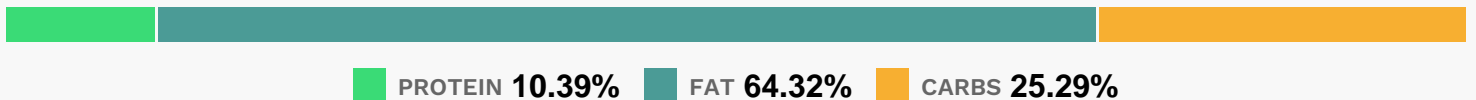
## Equipment

- frying pan

## Directions

- Heat butter and 1 tablespoon of olive oil in a large skillet.
- Add the eggplant, and fry until tender, about 5 minutes.
- Remove eggplant from the skillet, and keep warm.
- Add the remaining 2 tablespoons of olive oil to the skillet, and fry the onion and mushrooms until tender, about 5 minutes. Return the eggplant to the pan, and season with garlic, salt, pepper, and Italian seasoning. Cook and stir for one minute to blend the flavors.
- Stir in the chicken broth, and simmer for about 5 minutes, until most of the liquid is reduced or absorbed. Stir in cream of mushroom soup, half-and-half cream, and cooked wild rice. Simmer over low heat for 15 minutes, stirring occasionally. Taste and adjust seasoning with salt and pepper if desired.

## Nutrition Facts



## Properties

Glycemic Index:39.67, Glycemic Load:1.62, Inflammation Score:-5, Nutrition Score:11.837826127591%

## Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg,

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

## **Nutrients (% of daily need)**

Calories: 275.68kcal (13.78%), Fat: 20.66g (31.78%), Saturated Fat: 9.12g (57.01%), Carbohydrates: 18.27g (6.09%), Net Carbohydrates: 14.15g (5.15%), Sugar: 5.38g (5.98%), Cholesterol: 40.48mg (13.49%), Sodium: 758.14mg (32.96%), Alcohol: 0g (100%), Protein: 7.51g (15.02%), Vitamin B2: 0.44mg (26.11%), Manganese: 0.52mg (25.79%), Copper: 0.46mg (22.77%), Vitamin B3: 4.17mg (20.85%), Fiber: 4.12g (16.48%), Potassium: 568.05mg (16.23%), Vitamin B5: 1.58mg (15.76%), Phosphorus: 142.2mg (14.22%), Vitamin B6: 0.23mg (11.73%), Vitamin E: 1.73mg (11.53%), Folate: 45.61µg (11.4%), Selenium: 7.95µg (11.36%), Zinc: 1.57mg (10.46%), Vitamin K: 10.34µg (9.84%), Vitamin B1: 0.14mg (9.22%), Magnesium: 34.66mg (8.67%), Vitamin A: 402.36IU (8.05%), Iron: 1.32mg (7.35%), Vitamin C: 4.83mg (5.85%), Calcium: 39.53mg (3.95%), Vitamin B12: 0.17µg (2.85%), Vitamin D: 0.27µg (1.8%)