






 13%  
HEALTH SCORE

# Grilled Portobellos Filled with Wild Rice-Almond Pilaf and Piquillo Pepper Vinaigrette

 Vegetarian  Gluten Free  Dairy Free

READY IN  
  
22 min.

SERVINGS  
  
8

CALORIES  
  
415 kcal

ANTIPASTI STARTER SNACK APPETIZER

## Ingredients

- 0.3 cup almonds toasted sliced
- 8 servings pepper black freshly ground
- 0.5 cup canola oil
- 3 cups chicken stock see
- 1 tablespoon dijon mustard
- 1 cup wine dry white
- 0.3 cup parsley fresh chopped

- 2 teaspoons rosemary leaves fresh finely chopped
- 2 teaspoons thyme sprigs fresh finely chopped
- 2 cloves garlic finely chopped
- 1 tablespoon honey
- 2 tablespoons olive oil
- 8 servings olive oil
- 1 onion spanish finely chopped
- 5 piquillo peppers chopped
- 8 medium portabello mushrooms
- 0.5 small onion red coarsely chopped
- 8 cloves roasted garlic peeled
- 8 servings salt
- 8 servings salt and pepper
- 8 servings pepper black freshly ground
- 0.3 cup sherry vinegar
- 2 cups water
- 1.5 cups rice wild

## Equipment

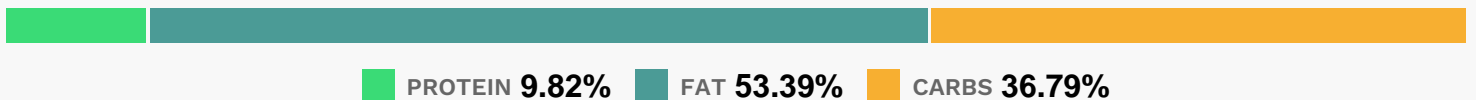
- frying pan
- sauce pan
- blender
- grill
- colander

## Directions

- Watch how to make this recipe.
- Heat grill to high.

- Brush both sides of mushrooms with oil and season with salt and pepper. Grill caps until golden brown on both sides and just cooked through, 10 to 12 minutes. Fill the caps with the wild rice pilaf, drizzle the piquillo vinaigrette and sprinkle tops with the toasted almonds.
- Place wild rice in a colander and rinse well with cold water.
- Combine 3 cups of the stock and the water in a large saucepan with a tablespoon of salt and bring to a boil.
- Add the rice and cook until the grains open and are very soft, 1 1/2 to 2 hours.
- Drain well.
- Heat oil in a large saute pan over high heat.
- Add the onion and cook until soft.
- Add the garlic and cook for 1 minute.
- Add the wine and cook until reduced by half.
- Add the cooked wild rice, thyme, rosemary and remaining 1/2 cup of stock and season with salt and pepper and cook until heated through and flavors combine, 15 minutes.
- Remove from the heat and fold in the parsley.
- Combine peppers, onion, garlic, vinegar, honey, mustard, and salt and pepper in a blender and blend until smooth. With the motor running, slowly add the oil and blend until emulsified.

## Nutrition Facts



## Properties

Glycemic Index:52.53, Glycemic Load:13.67, Inflammation Score:-8, Nutrition Score:18.269565139128%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 4.07mg, Apigenin: 4.07mg, Apigenin: 4.07mg, Apigenin: 4.07mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg Kaempferol: 0.19mg,

Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

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

Calories: 415.01kcal (20.75%), Fat: 24.04g (36.99%), Saturated Fat: 3.18g (19.86%), Carbohydrates: 37.27g (12.42%), Net Carbohydrates: 33.14g (12.05%), Sugar: 8.15g (9.06%), Cholesterol: 2.7mg (0.9%), Sodium: 589.09mg (25.61%), Alcohol: 3.09g (100%), Alcohol %: 1.03% (100%), Protein: 9.95g (19.91%), Vitamin K: 44.65µg (42.53%), Vitamin B3: 7.49mg (37.44%), Manganese: 0.72mg (36.02%), Vitamin E: 4.31mg (28.74%), Phosphorus: 285.15mg (28.52%), Selenium: 19.94µg (28.48%), Copper: 0.53mg (26.36%), Vitamin B6: 0.39mg (19.7%), Vitamin B2: 0.33mg (19.35%), Magnesium: 77mg (19.25%), Potassium: 646.51mg (18.47%), Zinc: 2.65mg (17.68%), Vitamin C: 13.73mg (16.65%), Fiber: 4.13g (16.53%), Folate: 65.86µg (16.46%), Vitamin B5: 1.38mg (13.79%), Iron: 1.99mg (11.07%), Vitamin B1: 0.15mg (9.84%), Vitamin A: 319.05IU (6.38%), Calcium: 45.62mg (4.56%), Vitamin D: 0.25µg (1.68%)