



Mediterranean Wild Rice

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon basil dried whole
- 0.5 cup brown rice uncooked
- 2 cups chicken broth ready-to-serve canned
- 3 tablespoons olive oil divided
- 1 cup onion chopped
- 1 teaspoon pepper
- 0.5 cup pinenuts toasted
- 0.5 teaspoon salt

0.5 cup rice wild uncooked

Equipment

frying pan

sauce pan

Directions

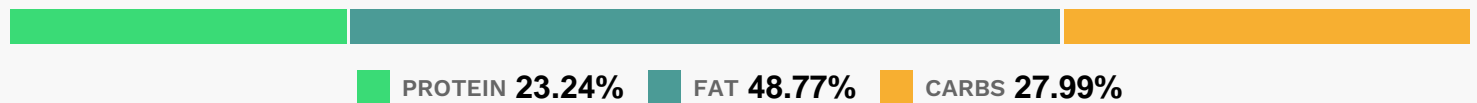
Saute wild rice and brown rice in 2 tablespoons hot olive oil in a medium saucepan over medium-high heat 2 minutes.

Add broth; bring to a boil. Cover, reduce heat, and simmer 30 minutes.

Saute onion in remaining 1 tablespoon hot olive oil in a medium skillet over medium-high heat until tender. Stir in toasted pine nuts and remaining ingredients.

Add onion mixture to rice mixture. Cover and simmer an additional 15 minutes or until rice is tender and liquid is absorbed.

Nutrition Facts



Properties

Glycemic Index:28.96, Glycemic Load:12.49, Inflammation Score:-5, Nutrition Score:15.112608742455%

Flavonoids

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: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 380.82kcal (19.04%), Fat: 20.84g (32.07%), Saturated Fat: 3.18g (19.87%), Carbohydrates: 26.92g (8.97%), Net Carbohydrates: 24.54g (8.92%), Sugar: 1.87g (2.08%), Cholesterol: 34.17mg (11.39%), Sodium: 526.35mg (22.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.35g (44.69%), Manganese: 1.85mg (92.69%), Phosphorus: 277.49mg (27.75%), Zinc: 3.61mg (24.07%), Magnesium: 91.89mg (22.97%), Selenium: 13.18µg (18.83%), Vitamin B3: 3.76mg (18.78%), Vitamin E: 2.41mg (16.08%), Copper: 0.31mg (15.74%), Vitamin B6: 0.31mg (15.42%), Vitamin K: 15.61µg (14.87%), Iron: 2.34mg (12.98%), Vitamin B12: 0.68µg (11.39%), Fiber: 2.38g (9.53%), Potassium:

318.94mg (9.11%), Vitamin B1: 0.13mg (8.96%), Vitamin B2: 0.15mg (8.55%), Folate: 26.67µg (6.67%), Vitamin B5: 0.45mg (4.54%), Calcium: 30.92mg (3.09%), Vitamin A: 130.34IU (2.61%), Vitamin C: 2.06mg (2.5%)