



Minnesota Wild Rice Pilaf



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



174 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 32 ounce less-sodium chicken broth fat-free canned
- ☐ 0.5 cup parsley fresh finely chopped
- ☐ 3 cups mushrooms sliced
- ☐ 1 cup onion chopped
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.8 teaspoon poultry seasoning
- ☐ 0.5 teaspoon salt

- ☐ 1 tablespoon stick margarine
- ☐ 1.3 cups water
- ☐ 1.5 cups rice wild uncooked

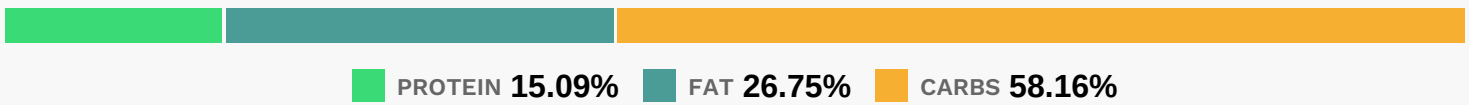
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Bring water and broth to a boil in a medium saucepan.
- ☐ Add wild rice; cover, reduce heat, and simmer 1 hour or until tender.
- ☐ Drain.
- ☐ Preheat oven to 32
- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add mushrooms and onion; saut 6 minutes.
- ☐ Remove from heat; stir in parsley and next 4 ingredients (parsley through pepper).
- ☐ Combine rice and mushroom mixture in a 2-quart casserole coated with cooking spray. Cover and bake at 325 for 25 minutes.

Nutrition Facts



Properties

Glycemic Index:23.63, Glycemic Load:12.28, Inflammation Score:-6, Nutrition Score:13.43304359265%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg

Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 174.31kcal (8.72%), Fat: 5.46g (8.4%), Saturated Fat: 0.67g (4.22%), Carbohydrates: 26.72g (8.91%), Net Carbohydrates: 23.56g (8.57%), Sugar: 2.7g (3%), Cholesterol: 0mg (0%), Sodium: 635.28mg (27.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.87%), Vitamin K: 63.92µg (60.88%), Manganese: 0.69mg (34.27%), Vitamin B3: 4.08mg (20.42%), Phosphorus: 194.73mg (19.47%), Copper: 0.37mg (18.48%), Magnesium: 67.8mg (16.95%), Vitamin B2: 0.26mg (15.49%), Zinc: 2.29mg (15.26%), Fiber: 3.16g (12.63%), Folate: 46.54µg (11.64%), Vitamin B5: 1.08mg (10.78%), Vitamin B6: 0.21mg (10.52%), Selenium: 6.98µg (9.97%), Potassium: 348.11mg (9.95%), Vitamin C: 7.3mg (8.85%), Vitamin A: 395.94IU (7.92%), Iron: 1.39mg (7.72%), Vitamin B1: 0.11mg (7.65%), Vitamin B12: 0.24µg (4.05%), Calcium: 28.77mg (2.88%), Vitamin E: 0.41mg (2.7%)