



Multi Grain Pilaf

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



257 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup brown rice long-grain
- 4 tablespoons butter divided
- 0.5 cup carrots diced
- 3 cups chicken broth
- 8 ounces crimini mushrooms sliced
- 0.3 teaspoon thyme leaves dried
- 0.5 cup onion diced finely
- 0.8 cup rice long-grain white

- 0.5 cup rice wild
- 1 cup white cooking wine holland house®

Equipment

- pot

Directions

- Melt 2 tablespoons butter in a 6-quart pot.
- Add mushrooms and onion. Cook over medium-high heat 5 minutes.
- Add brown and wild rice only. Continue to cook, stirring often, 2 minutes or until bottom of pot starts to brown.
- Stir in broth and white cooking wine. Increase heat to high; cover and bring to a boil. Reduce heat to low. Simmer, covered, 30 minutes.
- Stir in white rice and carrots. Cover and continue to simmer 20 minutes more or until liquid is absorbed. Stir in thyme and remaining 2 tablespoons butter.
- Serve immediately or keep warm until ready to serve.

Nutrition Facts



PROTEIN 9.39% **FAT 25.03%** **CARBS 65.58%**

Properties

Glycemic Index:39.35, Glycemic Load:20.39, Inflammation Score:-8, Nutrition Score:11.306086856386%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 257.17kcal (12.86%), Fat: 6.62g (10.19%), Saturated Fat: 3.76g (23.52%), Carbohydrates: 39.04g (13.01%), Net Carbohydrates: 37.01g (13.46%), Sugar: 2.23g (2.48%), Cholesterol: 16.81mg (5.6%), Sodium: 383.37mg (16.67%), Alcohol: 3.09g (100%), Alcohol %: 1.81% (100%), Protein: 5.59g (11.17%), Manganese: 1.13mg (56.55%), Vitamin A: 1516.46IU (30.33%), Phosphorus: 160.66mg (16.07%), Vitamin B3: 3.12mg (15.58%), Selenium: 10.78µg (15.4%), Copper: 0.3mg (15.19%), Vitamin B2: 0.25mg (14.57%), Magnesium: 56.11mg (14.03%), Vitamin B6: 0.23mg (11.39%), Zinc: 1.6mg (10.66%), Vitamin B5: 1.04mg (10.38%), Vitamin B1: 0.15mg (10.3%), Potassium: 316.69mg (9.05%), Fiber: 2.03g (8.11%), Folate: 25.55µg (6.39%), Iron: 1mg (5.54%), Calcium: 31.37mg (3.14%), Vitamin E: 0.36mg (2.39%), Vitamin K: 2.45µg (2.33%), Vitamin C: 1.23mg (1.49%)