



## Mushroom and Leek Wild Rice Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



307 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 0.3 cup balsamic vinaigrette
- ☐ 0.3 cup roasted chestnuts coarsely chopped ()
- ☐ 8 ounces mushrooms – i used a mix of cremini sliced ()
- ☐ 2 cloves garlic
- ☐ 3 leeks cleaned sliced ( and )
- ☐ 1 tablespoon oil
- ☐ 4 servings salt and pepper to taste
- ☐ 1 teaspoon thyme leaves chopped ()

- ☐ 2 cups vegetable broth (or chicken)
- ☐ 1 cup rice wild

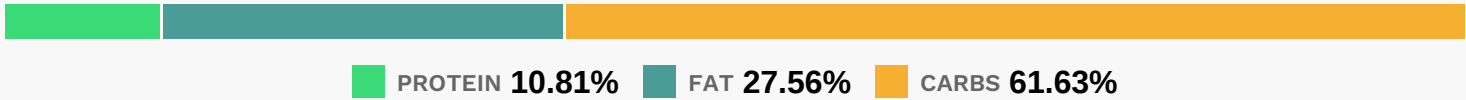
## Equipment

- ☐ frying pan

## Directions

- ☐ Simmer the wild rice in the broth on medium-low heat, covered, until it is tender and it has absorbed all of the broth, about 40-50 minutes and remove from heat.
- ☐ Heat the oil and melt the butter in a pan.
- ☐ Add the leeks and saute until tender, about 3-5 minutes.
- ☐ Add the garlic and saute until fragrant, about a minute.
- ☐ Add the mushrooms, thyme, salt and pepper and saute until the mushrooms are just starting to caramelize, about 10-14 minutes.
- ☐ Mix the wild rice, mushrooms, chestnuts and balsamic viniagrette.

## Nutrition Facts



## Properties

Glycemic Index:65.5, Glycemic Load:21.01, Inflammation Score:-9, Nutrition Score:19.200434718443%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 307.15kcal (15.36%), Fat: 9.73g (14.96%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 48.93g (16.31%), Net Carbohydrates: 44.81g (16.29%), Sugar: 6.08g (6.76%), Cholesterol: 0mg (0%), Sodium: 816.57mg (35.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.58g (17.16%), Manganese: 1mg (49.87%), Vitamin K: 34.65µg (33%), Copper: 0.62mg (30.9%), Vitamin A: 1396.81IU (27.94%), Phosphorus: 270.82mg (27.08%), Vitamin B3: 5.23mg (26.16%), Folate: 100.35µg (25.09%), Magnesium: 98.45mg (24.61%), Vitamin B2: 0.41mg (24.01%),

Selenium: 16.74µg (23.92%), Vitamin B6: 0.43mg (21.3%), Zinc: 3.16mg (21.06%), Potassium: 597.32mg (17.07%),  
Fiber: 4.12g (16.49%), Vitamin C: 12.87mg (15.6%), Iron: 2.61mg (14.51%), Vitamin B5: 1.43mg (14.27%), Vitamin E:  
1.56mg (10.41%), Vitamin B1: 0.16mg (10.4%), Calcium: 66.02mg (6.6%)