

## Mushroom Wild Rice

 **Gluten Free**

READY IN



**110 min.**

SERVINGS



**12**

CALORIES



**187 kcal**

**SIDE DISH**

### Ingredients

- 8 bacon diced
- 0.5 cup brown rice uncooked
- 1 teaspoon butter
- 14 ounces beef broth canned
- 1 rib celery stalks thinly sliced
- 2 tablespoons cornstarch
- 2 cups mushrooms fresh sliced
- 1 medium bell pepper green chopped

- 1 large onion chopped
- 1 medium bell pepper sweet red chopped
- 1.5 teaspoons salt divided
- 0.5 cup slivered almonds
- 0.3 cup water cold
- 1 cup rice wild uncooked

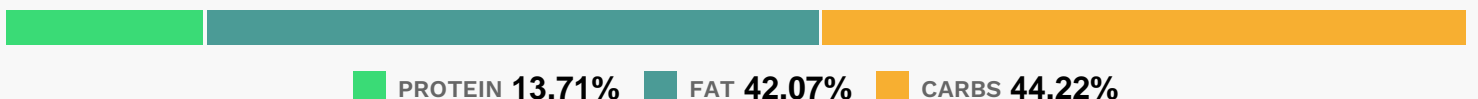
## Equipment

- frying pan
- paper towels
- sauce pan
- oven
- baking pan

## Directions

- In a large saucepan, combine the water, wild rice, butter and 1/2 teaspoon salt; bring to a boil. Reduce heat; cover and simmer for 40 minutes. Stir in brown rice. Cover and simmer for 25–30 minutes longer or until rice is tender.
- Meanwhile, in a large skillet, cook bacon until crisp.
- Remove bacon to paper towels; drain, reserving 2 tablespoons drippings. In the drippings, saute the mushrooms, onion, peppers and celery until vegetables are tender. Stir in broth and remaining salt. Bring to a boil.
- Combine the cornstarch and cold water until smooth; stir into the mushroom mixture. Cook and stir for 2 minutes or until thickened; stir in almonds and bacon.
- Drain rice; add mushroom mixture.
- Transfer to a greased 13-in. x 9-in. baking dish. Cover and bake at 350° for 25 minutes. Uncover; bake 5–10 minutes longer or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:25.65, Glycemic Load:9.08, Inflammation Score:-5, Nutrition Score:9.5378261078959%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

## Nutrients (% of daily need)

Calories: 186.95kcal (9.35%), Fat: 8.95g (13.77%), Saturated Fat: 2.46g (15.37%), Carbohydrates: 21.16g (7.05%), Net Carbohydrates: 18.74g (6.81%), Sugar: 2.03g (2.26%), Cholesterol: 10.58mg (3.53%), Sodium: 517.22mg (22.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.13%), Manganese: 0.63mg (31.48%), Vitamin C: 21.93mg (26.58%), Vitamin B3: 2.99mg (14.93%), Phosphorus: 147.94mg (14.79%), Magnesium: 54.48mg (13.62%), Vitamin B6: 0.22mg (11.18%), Vitamin B2: 0.19mg (11.03%), Copper: 0.21mg (10.5%), Vitamin E: 1.53mg (10.21%), Fiber: 2.42g (9.68%), Zinc: 1.41mg (9.42%), Vitamin B1: 0.13mg (8.54%), Selenium: 5.34µg (7.63%), Potassium: 265.86mg (7.6%), Vitamin A: 366.22IU (7.32%), Folate: 27.58µg (6.9%), Vitamin B5: 0.67mg (6.67%), Iron: 0.88mg (4.88%), Calcium: 25.76mg (2.58%), Vitamin B12: 0.1µg (1.73%), Vitamin K: 1.58µg (1.5%)