



Mushroom-Wild Rice Pilaf

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



233 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 oz portabello mushrooms fresh sliced
- 2.8 cups beef broth (from 32-oz carton)
- 0.5 cup brown rice uncooked
- 6 tablespoons butter
- 2 teaspoons thyme sprigs fresh chopped
- 0.3 teaspoon pepper black
- 1 cup onion chopped
- 0.3 teaspoon salt

0.5 cup rice wild uncooked

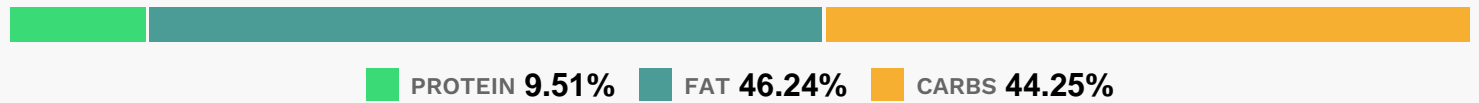
Equipment

sauce pan

Directions

- In 3-quart saucepan, melt 1/4 cup of the butter over medium-high heat. Cook onion in butter 3 minutes.
- Add mushrooms; cook 3 minutes longer, stirring occasionally, until onion is tender and mushrooms are golden.
- Add wild rice and brown rice; cook and stir 1 minute.
- Stir in broth.
- Heat to boiling; reduce heat. Cover; simmer 45 to 50 minutes or until rice is tender and liquid is absorbed. Stir in remaining 2 tablespoons butter, the thyme, salt and pepper.

Nutrition Facts



Properties

Glycemic Index:36.46, Glycemic Load:12.49, Inflammation Score:-8, Nutrition Score:9.6073912680149%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg 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: 233.14kcal (11.66%), Fat: 12.25g (18.85%), Saturated Fat: 2.6g (16.27%), Carbohydrates: 26.39g (8.8%), Net Carbohydrates: 23.96g (8.71%), Sugar: 2.41g (2.68%), Cholesterol: 0mg (0%), Sodium: 644.23mg (28.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.34%), Manganese: 0.86mg (43.18%), Vitamin B3: 4.18mg (20.92%), Phosphorus: 166.45mg (16.64%), Magnesium: 52.74mg (13.19%), Selenium: 8.31µg (11.87%), Copper: 0.24mg (11.86%), Vitamin B6: 0.24mg (11.77%), Vitamin A: 535.98IU (10.72%), Potassium: 346.36mg (9.9%), Fiber: 2.42g (9.7%), Zinc: 1.37mg (9.16%), Vitamin B5: 0.88mg (8.81%), Folate: 34.14µg (8.53%), Vitamin B1: 0.12mg (7.95%),

Vitamin B2: 0.13mg (7.63%), Iron: 1.03mg (5.73%), Vitamin C: 3.07mg (3.72%), Vitamin E: 0.56mg (3.71%), Calcium: 29.22mg (2.92%), Vitamin B12: 0.11µg (1.83%)