



Portobello, Wild Rice, and Gizzards

 **Gluten Free**

READY IN



105 min.

SERVINGS



6

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound chicken gizzards
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 clove garlic chopped
- ☐ 1 cup parmesan cheese grated
- ☐ 1 large portobello mushroom cap chopped
- ☐ 0.5 medium onion red chopped
- ☐ 0.3 cup sun-dried tomatoes
- ☐ 4.5 cups water

☐

1.5 cups rice wild uncooked

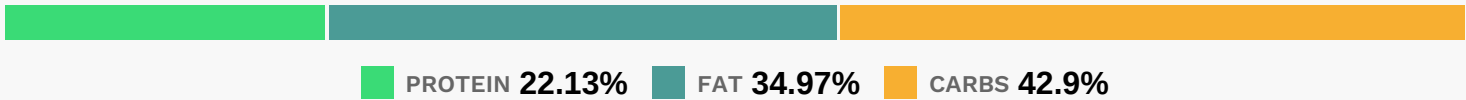
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ casserole dish

Directions

- ☐ Place rice and water in a pot, and bring to a boil. Reduce heat to low, cover, and simmer 45 minutes.
- ☐ Preheat oven to 300 degrees F (150 degrees C). Lightly grease a medium casserole dish.
- ☐ Place gizzards in a pot with enough water to cover, and bring to a boil. Cook 15 minutes.
- ☐ Drain, and dice.
- ☐ Heat olive oil in a skillet, and cook the onion, mushroom, garlic, and sun-dried tomatoes until tender.
- ☐ Mix in the cooked gizzards, and cook until lightly browned.
- ☐ Transfer mixture to the prepared casserole dish, and stir in the rice. Top with Parmesan cheese.
- ☐ Bake 20 minutes in the preheated oven, until bubbly.

Nutrition Facts



Properties

Glycemic Index:23.83, Glycemic Load:16.22, Inflammation Score:-6, Nutrition Score:14.529999986939%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 330.93kcal (16.55%), Fat: 13.09g (20.14%), Saturated Fat: 4.56g (28.52%), Carbohydrates: 36.15g (12.05%), Net Carbohydrates: 32.76g (11.91%), Sugar: 3.48g (3.87%), Cholesterol: 41.72mg (13.91%), Sodium: 335.4mg (14.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.65g (37.3%), Phosphorus: 367.07mg (36.71%), Manganese: 0.67mg (33.36%), Vitamin B3: 6.23mg (31.16%), Zinc: 3.79mg (25.24%), Magnesium: 95.6mg (23.9%), Selenium: 15.15µg (21.65%), Copper: 0.37mg (18.61%), Vitamin B6: 0.35mg (17.5%), Calcium: 173.55mg (17.35%), Vitamin B2: 0.25mg (14.68%), Potassium: 493.63mg (14.1%), Fiber: 3.39g (13.57%), Folate: 49.97µg (12.49%), Vitamin B5: 1.08mg (10.83%), Iron: 1.69mg (9.37%), Vitamin B1: 0.11mg (7.33%), Vitamin E: 0.86mg (5.76%), Vitamin B12: 0.34µg (5.74%), Vitamin A: 242.86IU (4.86%), Vitamin K: 5.01µg (4.77%), Vitamin C: 3.21mg (3.89%), Vitamin D: 0.2µg (1.32%)