



Rebecca's Wild Rice Pilaf

 Gluten Free

READY IN



110 min.

SERVINGS



15

CALORIES



165 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10.5 ounce beef consomme canned
- ☐ 0.8 cup brown rice uncooked
- ☐ 0.5 cup butter
- ☐ 10.5 ounce condensed onion soup french canned
- ☐ 6 green onions chopped
- ☐ 8 ounce mushrooms sliced
- ☐ 2.3 ounce slivered almonds
- ☐ 1 cup rice wild uncooked

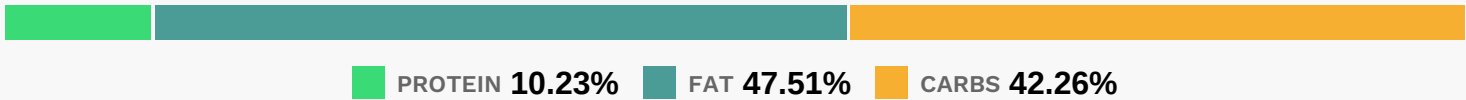
Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ stove

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Spray a 2 quart stove top and oven-safe baking dish with nonstick cooking spray.
- ☐ Melt butter in the baking dish over medium heat. Stir in the wild rice and brown rice. Cook and stir for 5 minutes. Stir in the onions; cook for 5 additional minutes.
- ☐ Remove from heat. Stir in the mushrooms and almonds.
- ☐ Pour onion soup and consomme over the rice mixture. Cover with lid or aluminum foil that has been coated with nonstick cooking spray.
- ☐ Bake until rice is tender and the liquid has been absorbed, about 1 hour and 15 minutes. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:15.92, Glycemic Load:8.39, Inflammation Score:-4, Nutrition Score:6.9956521683413%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg 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 Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 164.74kcal (8.24%), Fat: 8.97g (13.8%), Saturated Fat: 4.31g (26.92%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 16g (5.82%), Sugar: 1.5g (1.66%), Cholesterol: 17.06mg (5.69%), Sodium: 227.57mg (9.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.69%), Manganese: 0.61mg (30.56%), Magnesium: 46.82mg (11.7%), Phosphorus: 110.9mg (11.09%), Vitamin K: 10.67µg (10.16%), Vitamin B3: 2.01mg (10.05%), Vitamin E: 1.38mg (9.2%), Vitamin B2: 0.15mg (8.93%), Copper: 0.18mg (8.9%), Fiber: 1.95g (7.8%), Potassium: 264.15mg (7.55%), Zinc: 1.06mg (7.1%), Vitamin B6: 0.12mg (5.84%), Vitamin B5: 0.52mg (5.19%), Vitamin B1: 0.08mg (5.06%), Folate: 20.17µg (5.04%), Vitamin A: 239.02IU (4.78%), Iron: 0.72mg (4%), Selenium: 2.12µg (3.03%), Calcium: 26.91mg (2.69%), Vitamin C: 1.22mg (1.48%)