



## Slow-Cooker Wild Rice Medley

 **Gluten Free**  **Dairy Free**

READY IN



**320 min.**

SERVINGS



**12**

CALORIES



**134 kcal**

SIDE DISH

### Ingredients

- 1.5 cups rice wild uncooked
- 0.7 cup celery chopped
- 1 tablespoon butter melted
- 2 teaspoons thyme sprigs fresh chopped
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 1 cup onion chopped
- 0.8 cup carrots chopped

- 3.5 cups vegetable stock (from 32-oz carton)
- 0.3 cup pinenuts
- 0.5 cup cherries dried chopped
- 1 serving parsley fresh italian chopped (flat-leaf)

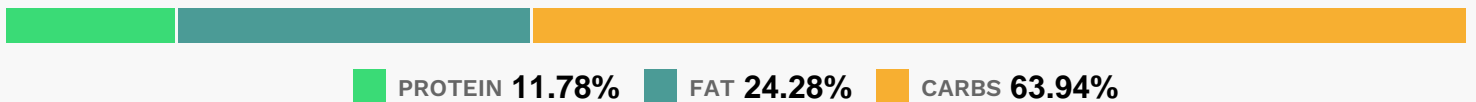
## Equipment

- frying pan
- slow cooker

## Directions

- Spray 3- to 4-quart slow cooker with cooking spray. In slow cooker, mix all ingredients except pine nuts, cherries and parsley.
- Cover; cook on Low heat setting 5 to 6 hours or until wild rice is tender and liquid is absorbed.
- Meanwhile, sprinkle pine nuts in ungreased heavy skillet. Cook over medium heat 5 to 7 minutes, stirring frequently until nuts begin to brown, then stirring constantly until nuts are light brown. Set aside.
- Just before serving, stir cherries and toasted pine nuts into wild rice.
- Sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:26.32, Glycemic Load:8.67, Inflammation Score:-9, Nutrition Score:7.8682609752792%

## Flavonoids

Apigenin: 0.89mg, Apigenin: 0.89mg, Apigenin: 0.89mg, Apigenin: 0.89mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

## Nutrients (% of daily need)

Calories: 134.47kcal (6.72%), Fat: 3.77g (5.8%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 22.35g (7.45%), Net Carbohydrates: 19.89g (7.23%), Sugar: 4.85g (5.39%), Cholesterol: 0mg (0%), Sodium: 395.11mg (17.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Vitamin A: 1777.99IU (35.56%), Manganese: 0.64mg (32.11%), Magnesium: 48.53mg (12.13%), Phosphorus: 117.06mg (11.71%), Vitamin K: 10.69µg (10.18%), Zinc: 1.49mg (9.96%), Fiber: 2.46g (9.85%), Copper: 0.17mg (8.4%), Vitamin B3: 1.63mg (8.17%), Folate: 27.02µg (6.76%), Vitamin B6: 0.11mg (5.73%), Potassium: 172.38mg (4.93%), Iron: 0.83mg (4.6%), Vitamin B2: 0.07mg (4.4%), Vitamin E: 0.62mg (4.16%), Vitamin B1: 0.05mg (3.32%), Vitamin C: 2.64mg (3.2%), Vitamin B5: 0.28mg (2.83%), Calcium: 19.7mg (1.97%)