



White & Wild Rice Pilaf

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



160 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup carrots chopped
- 1 cup celery sliced
- 12 tablespoons parsley fresh chopped
- 2 cloves garlic minced
- 1 tablespoon olive oil
- 1 cup onion chopped
- 1 cup regular rice long-grain white uncooked
- 3.5 cups vegetable broth organic swanson® (Regular or Certified)

0.5 cup rice wild uncooked

Equipment

frying pan

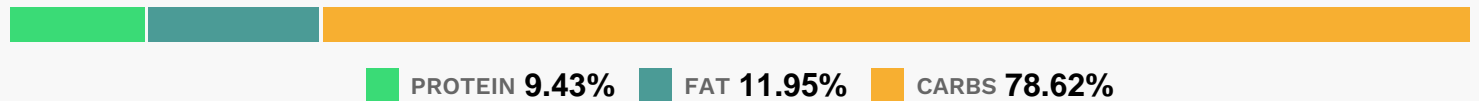
Directions

Heat the oil in a 12-inch nonstick skillet over medium heat.

Add the onion, carrots, celery and garlic and cook until the vegetables are tender. Stir the broth and wild rice in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 25 minutes. Stir in the white rice. Cover and cook for 20 minutes or until the rice is tender.

Sprinkle with the parsley. Tip: Wild rice is a relatively expensive ingredient, but a little goes a long way. The 1/2 cup in this recipe lends texture and a rich nutty flavor.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:16.67, Inflammation Score:-9, Nutrition Score:13.179999828339%

Flavonoids

Apigenin: 13.29mg, Apigenin: 13.29mg, Apigenin: 13.29mg, Apigenin: 13.29mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 160.32kcal (8.02%), Fat: 2.14g (3.29%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 31.7g (10.57%), Net Carbohydrates: 29.57g (10.75%), Sugar: 2.99g (3.32%), Cholesterol: 0mg (0%), Sodium: 438.57mg (19.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.8g (7.61%), Vitamin K: 105.57µg (100.54%), Vitamin A: 3456.44IU (69.13%), Manganese: 0.47mg (23.42%), Vitamin C: 11.03mg (13.37%), Phosphorus: 88.95mg (8.9%), Fiber: 2.12g (8.5%), Magnesium: 31.98mg (7.99%), Folate: 31.88µg (7.97%), Vitamin B6: 0.15mg (7.36%), Vitamin B3: 1.35mg (6.74%), Zinc: 1.01mg (6.73%), Copper: 0.13mg (6.69%), Potassium: 218.78mg (6.25%), Selenium: 4.05µg (5.79%), Iron: 0.89mg (4.95%), Vitamin B5: 0.47mg (4.7%), Vitamin B2: 0.07mg (3.89%), Vitamin B1: 0.06mg (3.78%), Vitamin E: 0.55mg (3.66%), Calcium: 33.16mg (3.32%)