



Wild and Brown Rice

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

READY IN



100 min.

SERVINGS



12

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup brown rice uncooked
- 1 cup carrots diced
- 0.8 cup celery diced
- 43.5 ounce chicken broth canned
- 0.3 teaspoon marjoram dried
- 0.3 teaspoon ground pepper black
- 0.5 teaspoon ground thyme
- 1 cup onion diced

- 0.5 teaspoon salt
- 3 cups water boiling
- 1.5 cups rice wild uncooked

Equipment

- frying pan
- sauce pan
- dutch oven

Directions

- In heavy saucepan, soak wild rice in boiling water for 30 minutes.
- Drain; rinse thoroughly.
- In large skillet or Dutch oven, combine drained wild rice, brown rice, onion, carrots, celery, chicken broth, thyme, marjoram, salt, and black pepper. Bring to a boil over high heat.
- Reduce heat to low and simmer, covered, until rice is tender and liquid is absorbed, 50 to 60 minutes.

Nutrition Facts



PROTEIN 37.48% **FAT 24.99%** **CARBS 37.53%**

Properties

Glycemic Index:21.05, Glycemic Load:15.11, Inflammation Score:-9, Nutrition Score:14.80999996092%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 329.65kcal (16.48%), Fat: 9.02g (13.87%), Saturated Fat: 2.44g (15.26%), Carbohydrates: 30.47g (10.16%), Net Carbohydrates: 28.04g (10.2%), Sugar: 1.66g (1.84%), Cholesterol: 51.38mg (17.13%), Sodium: 610.2mg (26.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.43g (60.86%), Manganese: 0.91mg (45.32%), Vitamin A:

1998.26IU (39.97%), Phosphorus: 294.9mg (29.49%), Selenium: 19.58µg (27.97%), Zinc: 4.15mg (27.65%), Vitamin B3: 4.64mg (23.19%), Magnesium: 81.64mg (20.41%), Vitamin B6: 0.39mg (19.49%), Vitamin B12: 1.03µg (17.13%), Iron: 2.14mg (11.91%), Copper: 0.22mg (11.14%), Vitamin B2: 0.18mg (10.33%), Potassium: 356.02mg (10.17%), Fiber: 2.43g (9.73%), Folate: 31.18µg (7.8%), Vitamin B1: 0.1mg (6.88%), Vitamin K: 6.85µg (6.52%), Vitamin B5: 0.51mg (5.13%), Vitamin E: 0.59mg (3.91%), Calcium: 35.77mg (3.58%), Vitamin C: 1.83mg (2.22%)