



## Wild Rice and Basmati Pilaf with Sausage

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

READY IN



50 min.

SERVINGS



6

CALORIES



348 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.8 cup rice
- 2 tablespoons parsley fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 8 ounces sausage sweet italian
- 6 servings kosher salt
- 2 leeks light white green halved lengthwise thinly sliced ( and parts only)
- 2 tablespoons olive oil extra-virgin
- 6 servings pepper freshly ground

0.8 cup rice wild

## Equipment

frying pan

pot

wooden spoon

## Directions

Bring a large pot of salted water to a boil; add the wild rice and cook until just tender, about 40 minutes; drain. Set aside and cover to keep warm.

Meanwhile, heat the olive oil in a deep skillet over medium heat.

Add the sausage and cook, breaking up the meat with a wooden spoon, until browned, about 5 minutes.

Pour off all but about 3 tablespoons of the drippings.

Add the leeks and thyme and cook, stirring occasionally, until the leeks are just wilted, about 5 minutes. Stir in the basmati rice and cook until lightly browned, 1 to 2 minutes.

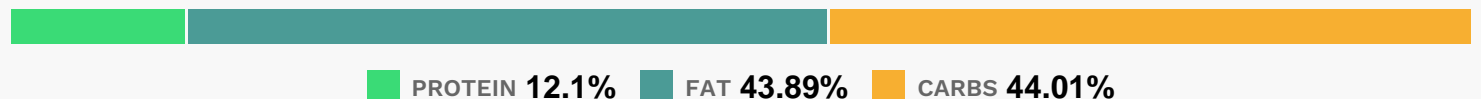
Add 1 1/3 cups water and 1/4 teaspoon salt and bring to a boil. Reduce the heat to low; cover and simmer until the rice is tender, about 15 minutes.

Remove from the heat and set aside, covered, 5 minutes.

Fluff the basmati rice with a fork, then stir in the prepared wild rice and the parsley. Season with salt and pepper.

Photograph by Linda Pug

## Nutrition Facts



## Properties

Glycemic Index:47.7, Glycemic Load:20.15, Inflammation Score:-9, Nutrition Score:12.853912913281%

## Flavonoids

Apigenin: 2.91mg, Apigenin: 2.91mg, Apigenin: 2.91mg, Apigenin: 2.91mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 347.85kcal (17.39%), Fat: 17g (26.15%), Saturated Fat: 5g (31.23%), Carbohydrates: 38.36g (12.79%), Net Carbohydrates: 36.05g (13.11%), Sugar: 1.7g (1.89%), Cholesterol: 28.73mg (9.58%), Sodium: 479.56mg (20.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.54g (21.08%), Vitamin K: 39.19µg (37.32%), Manganese: 0.72mg (35.87%), Selenium: 13.73µg (19.61%), Vitamin B1: 0.27mg (18.23%), Phosphorus: 179.42mg (17.94%), Vitamin B3: 3.1mg (15.52%), Vitamin B6: 0.3mg (15.21%), Zinc: 2.19mg (14.62%), Magnesium: 57.49mg (14.37%), Vitamin A: 666.64IU (13.33%), Copper: 0.23mg (11.57%), Folate: 45.43µg (11.36%), Iron: 1.97mg (10.94%), Vitamin C: 7.96mg (9.65%), Fiber: 2.31g (9.23%), Vitamin B2: 0.14mg (8.42%), Potassium: 276.93mg (7.91%), Vitamin E: 1.15mg (7.64%), Vitamin B5: 0.7mg (6.95%), Vitamin B12: 0.34µg (5.73%), Calcium: 42.16mg (4.22%)