



WHATShEATE



Wild Rice and Mushroom Stuffing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



304 kcal

SIDE DISH

Ingredients

- ☐ 1 large ancho chili pepper dried stemmed seeded finely chopped
- ☐ 2 cups rice
- ☐ 4 tablespoons butter divided ()
- ☐ 1 teaspoon kosher salt ()
- ☐ 3 bay leaf fresh (preferably)
- ☐ 12 ounces mushroom caps fresh stemmed sliced
- ☐ 5 cups chicken broth
- ☐ 4 tablespoons olive oil extra virgin extra-virgin divided

- ☐ 4 cups onion chopped
- ☐ 12 ounces oyster mushrooms sliced
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 12 ounces rice wild

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

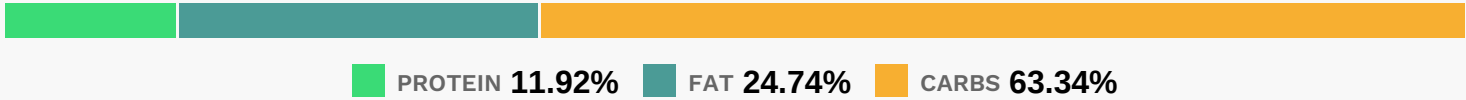
Directions

- ☐ Place wild rice in heavy medium saucepan.
- ☐ Add enough cold water to cover rice by 3 inches. Bring to boil. Reduce heat to medium-low and simmer until rice is almost tender, about 45 minutes.
- ☐ Drain.
- ☐ Meanwhile, melt 1 tablespoon butter with 1 tablespoon oil in heavy large pot over medium-high heat.
- ☐ Add shiitakes; sauté until brown, about 7 minutes.
- ☐ Transfer to large bowl.
- ☐ Add 1 tablespoon butter and 1 tablespoon oil to same pot; heat over medium-high heat.
- ☐ Add oyster mushrooms; sauté until brown, about 5 minutes.
- ☐ Transfer to bowl with shiitakes.
- ☐ Add 1 tablespoon butter and 1 tablespoon oil to same pot; heat over medium heat.
- ☐ Add onions to pot; sauté until golden and very tender, about 20 minutes.
- ☐ Add chile; stir 1 minute.
- ☐ Add remaining 1 tablespoon butter and 1 tablespoon oil to pot; add brown rice and stir 2 minutes.
- ☐ Add wild rice, broth, bay leaves, and 1 teaspoon coarse salt; bring to boil. Reduce heat to medium; cover and simmer until all rice is tender and liquid is absorbed, 35 to 40 minutes. Fluff rice mixture with fork. Stir in mushrooms and parsley. Season to taste with more salt

andpepper. Stir briefly over medium heat untilheated through.

- ☐ Transfer to large bowl.
- ☐ * Available at many supermarkets and atspecialty foods stores and Latin markets.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:18.44, Glycemic Load:23.35, Inflammation Score:-7, Nutrition Score:13.796086922936%

Flavonoids

Apigenin: 2.32mg, Apigenin: 2.32mg, Apigenin: 2.32mg, Apigenin: 2.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg, Quercetin: 9.28mg

Nutrients (% of daily need)

Calories: 303.86kcal (15.19%), Fat: 8.61g (13.24%), Saturated Fat: 2.9g (18.13%), Carbohydrates: 49.57g (16.52%), Net Carbohydrates: 45.02g (16.37%), Sugar: 4.57g (5.08%), Cholesterol: 8.6mg (2.87%), Sodium: 231.48mg (10.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.33g (18.67%), Manganese: 0.78mg (38.86%), Vitamin B3: 5.65mg (28.23%), Phosphorus: 236.11mg (23.61%), Vitamin K: 23.64µg (22.51%), Fiber: 4.55g (18.21%), Vitamin A: 870.94IU (17.42%), Copper: 0.35mg (17.38%), Magnesium: 67.11mg (16.78%), Vitamin B2: 0.28mg (16.73%), Vitamin B6: 0.32mg (16.06%), Zinc: 2.38mg (15.85%), Potassium: 503.14mg (14.38%), Vitamin B5: 1.3mg (12.97%), Folate: 49.34µg (12.33%), Selenium: 7.05µg (10.07%), Iron: 1.63mg (9.08%), Vitamin B1: 0.1mg (6.98%), Vitamin C: 5.6mg (6.79%), Vitamin E: 0.99mg (6.62%), Calcium: 31.49mg (3.15%), Vitamin D: 0.27µg (1.78%), Vitamin B12: 0.09µg (1.52%)