



Wild Rice Casserole

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



110 min.

SERVINGS



4

CALORIES



328 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup brown rice uncooked
- 1 carrots sliced
- 1 celery sliced
- 1 teaspoon garlic powder
- 1 bell pepper green chopped
- 2 tablespoons butter
- 1 teaspoon onion powder
- 1 bell pepper red chopped

- 4 servings salt and pepper to taste
- 1 cube vegetable bouillon
- 2 cups water boiling
- 0.5 cup rice wild uncooked
- 1 zucchini sliced

Equipment

- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Rinse the brown and wild rice; pour into a 2-quart casserole dish. To the rice add red bell pepper, green bell pepper, zucchini, carrot and celery. Stir in garlic powder, onion powder, vegetable bouillon and margarine.
- Mix well, pour water over mixture, and cover.
- Bake in preheated oven for 30 minutes; check at this point to see if more water needs to be added.
- Bake for to 30 to 50 minutes more, or until rice is cooked. Stir well before serving and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:75.15, Glycemic Load:29.17, Inflammation Score:-10, Nutrition Score:23.359130423678%

Flavonoids

Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 327.55kcal (16.38%), Fat: 7.48g (11.52%), Saturated Fat: 1.54g (9.64%), Carbohydrates: 58.62g (19.54%), Net Carbohydrates: 53.42g (19.42%), Sugar: 4.6g (5.11%), Cholesterol: 0mg (0%), Sodium: 295.35mg (12.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.1g (16.2%), Manganese: 2.25mg (112.33%), Vitamin C: 72.12mg (87.42%), Vitamin A: 3986.83IU (79.74%), Magnesium: 124.16mg (31.04%), Vitamin B6: 0.6mg (29.91%), Phosphorus: 258.37mg (25.84%), Vitamin B3: 4.24mg (21.2%), Fiber: 5.21g (20.82%), Vitamin B1: 0.29mg (19.51%), Zinc: 2.53mg (16.84%), Copper: 0.32mg (16.17%), Folate: 64.16µg (16.04%), Potassium: 547.08mg (15.63%), Vitamin B5: 1.23mg (12.29%), Vitamin K: 11.11µg (10.58%), Vitamin B2: 0.17mg (10.06%), Iron: 1.79mg (9.93%), Vitamin E: 1.15mg (7.69%), Calcium: 50.09mg (5.01%), Selenium: 0.99µg (1.42%)