



Wild Rice Pilaf

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

READY IN



30 min.

SERVINGS



6

CALORIES



224 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4.5 ounce mushrooms sliced canned
- 0.5 pound sausage
- 6 ounce rice long grain wild uncooked

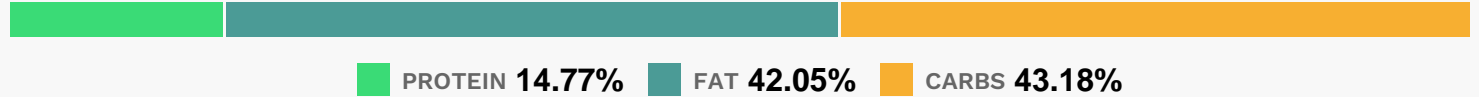
Equipment

- frying pan
- sauce pan

Directions

- Place sausage in a medium skillet. Cook over medium high heat until evenly brown.
- Drain and set aside.
- Meanwhile, in a saucepan bring water to a boil.
- Add rice and stir in mushrooms and sausage. Reduce heat, cover and simmer for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:14.86, Glycemic Load:13.64, Inflammation Score:-1, Nutrition Score:5.2447826700366%

Nutrients (% of daily need)

Calories: 223.7kcal (11.19%), Fat: 10.28g (15.81%), Saturated Fat: 3.38g (21.15%), Carbohydrates: 23.75g (7.92%), Net Carbohydrates: 22.87g (8.32%), Sugar: 0.53g (0.59%), Cholesterol: 27.22mg (9.07%), Sodium: 332.19mg (14.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.12g (16.25%), Manganese: 0.33mg (16.43%), Vitamin B3: 2.57mg (12.85%), Phosphorus: 97.66mg (9.77%), Vitamin B1: 0.14mg (9.46%), Vitamin B6: 0.18mg (8.76%), Zinc: 1.28mg (8.55%), Selenium: 5.15µg (7.36%), Vitamin B5: 0.71mg (7.14%), Copper: 0.14mg (6.86%), Vitamin B12: 0.32µg (5.35%), Iron: 0.81mg (4.52%), Potassium: 153.77mg (4.39%), Magnesium: 15.57mg (3.89%), Vitamin B2: 0.06mg (3.79%), Vitamin D: 0.53µg (3.56%), Fiber: 0.88g (3.52%), Calcium: 13.68mg (1.37%), Folate: 5.2µg (1.3%)