

Wild Rice Pilaf

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



227 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 teaspoons pepper black freshly ground
- 6 servings kosher salt
- 0.3 cup scallions white green finely chopped (2 scallions)
- 3 tablespoons butter unsalted divided
- 10 ounces rice wild pure
- 0.5 cup onion yellow chopped

Equipment

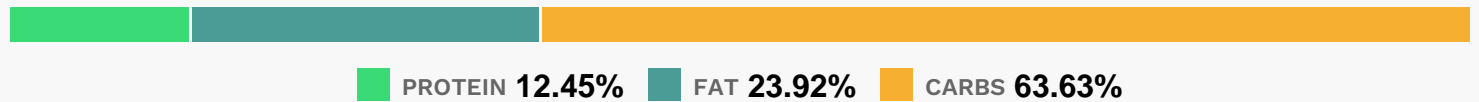
- bowl

sauce pan

Directions

- Melt 2 tablespoons of the butter in a medium saucepan, add the onion, and cook over low heat for 5 to 10 minutes, until translucent.
- Add 5 cups of water, 2 teaspoons of salt, and the wild rice. Bring to a boil, reduce the heat to very low, and simmer, covered, for 50 minutes to 1 hour, until the rice is tender.
- Drain well.
- Place the drained rice in a bowl, add the remaining tablespoon of butter, the scallions, 1 1/2 teaspoons salt, and the pepper. Taste for seasonings and serve hot.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:18.58, Inflammation Score:-5, Nutrition Score:9.5665217955475%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 226.79kcal (11.34%), Fat: 6.23g (9.58%), Saturated Fat: 3.68g (23.02%), Carbohydrates: 37.26g (12.42%), Net Carbohydrates: 33.87g (12.32%), Sugar: 1.85g (2.06%), Cholesterol: 15.05mg (5.02%), Sodium: 199.17mg (8.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.59%), Manganese: 0.72mg (35.82%), Magnesium: 86.8mg (21.7%), Phosphorus: 212.47mg (21.25%), Zinc: 2.87mg (19.12%), Vitamin B3: 3.23mg (16.14%), Fiber: 3.39g (13.56%), Copper: 0.26mg (13.21%), Folate: 50.38µg (12.6%), Vitamin K: 10.88µg (10.37%), Vitamin B6: 0.2mg (10.25%), Vitamin B2: 0.13mg (7.88%), Potassium: 241.09mg (6.89%), Iron: 1.07mg (5.93%), Vitamin B5: 0.54mg (5.42%), Vitamin A: 228.45IU (4.57%), Vitamin B1: 0.06mg (4.24%), Vitamin E: 0.58mg (3.87%), Selenium: 1.51µg (2.16%), Vitamin C: 1.77mg (2.15%), Calcium: 20mg (2%)