



## Wild Rice Pilaf With Baby Carrots

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



336 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 16 ounce baby carrots
- 0.3 cup butter cut into pieces
- 2 tablespoons chicken soup base
- 2 tablespoons parsley fresh chopped
- 2 garlic bulbs
- 1 tablespoon olive oil
- 1 teaspoon pepper freshly ground
- 2 cups rice long-grain uncooked

- 5 cups water
- 6 ounce rice wild uncooked

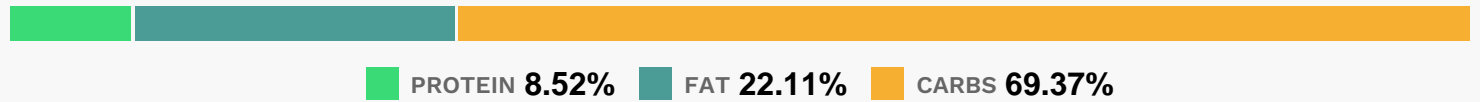
## Equipment

- oven
- aluminum foil

## Directions

- Cut off pointed ends of bulbs.
- Place each bulb on a separate piece of aluminum foil; drizzle with oil. Fold to seal.
- Bake at 400 for 30 minutes; cool. Squeeze pulp from garlic cloves.
- Stir together garlic pulp, wild and long-grain rice, and next 4 ingredients in a 13- x 9-inch dish; add baby carrots, and top with butter.
- Bake, covered, at 375 for 50 to 60 minutes or until rice and carrots are tender and liquid is absorbed.

## Nutrition Facts



## Properties

Glycemic Index:26.4, Glycemic Load:30.55, Inflammation Score:-10, Nutrition Score:14.783043423425%

## Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 336.48kcal (16.82%), Fat: 8.26g (12.71%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 58.33g (19.44%), Net Carbohydrates: 54.66g (19.88%), Sugar: 3.52g (3.91%), Cholesterol: 0.16mg (0.05%), Sodium: 421.52mg (18.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.34%), Vitamin A: 8162.28IU (163.25%), Manganese: 0.92mg (45.96%), Vitamin K: 23.66µg (22.53%), Phosphorus: 166.96mg (16.7%), Copper: 0.3mg (15.03%), Fiber: 3.68g (14.7%), Magnesium: 58.37mg (14.59%), Zinc: 1.91mg (12.71%), Vitamin B3: 2.54mg (12.7%),

Selenium: 8.56µg (12.23%), Vitamin B6: 0.23mg (11.57%), Folate: 41.26µg (10.32%), Vitamin B5: 0.95mg (9.5%), Potassium: 297.08mg (8.49%), Iron: 1.41mg (7.85%), Vitamin B2: 0.11mg (6.41%), Vitamin B1: 0.08mg (5.23%), Calcium: 48.32mg (4.83%), Vitamin E: 0.71mg (4.76%), Vitamin C: 3.07mg (3.72%)