



Wild Rice Stuffing with Pine Nuts

 Vegetarian  Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



396 kcal

SIDE DISH

Ingredients

- 1.3 teaspoons pepper black freshly ground
- 1.3 teaspoons kosher salt
- 0.5 teaspoon mint dried
- 2 tablespoons thyme sprigs fresh chopped
- 6 large garlic clove minced
- 1.5 teaspoons ground cumin
- 1.5 tablespoons juice of lemon fresh
- 2.8 cups chicken broth

- 0.3 cup olive oil
- 2.5 cups onion chopped
- 0.3 cup parsley fresh italian minced
- 0.3 cup pinenuts toasted
- 1 tablespoon tomato paste
- 1 cup rice long-grain white
- 1 cup rice wild

Equipment

- pot

Directions

- Heat oil in large pot over medium-high heat.
- Add cumin; stir until toasted and fragrant, about 15 seconds.
- Add onion and garlic; sauté until tender, about 5 minutes. Stir in tomato paste. Stir in thyme, pepper, coarse salt, and mint.
- Add wild rice; stir 2 minutes.
- Add broth and bring to boil. Reduce heat to medium-low; cover and simmer until wild rice is almost tender, about 40 minutes.
- Mix white rice into wild rice; cover and simmer until most of liquid is absorbed and all rice is tender, about 20 minutes. Stir in lemon juice; cover and continue to simmer until liquid is absorbed and all rice is tender, about 5 minutes.
- Remove from heat. Stir in parsley, then pine nuts; serve.

Nutrition Facts



Properties

Glycemic Index:55.53, Glycemic Load:27.12, Inflammation Score:-10, Nutrition Score:17.419565356296%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 5.46mg, Apigenin: 5.46mg, Apigenin: 5.46mg, Apigenin: 5.46mg Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg, Luteolin: 1.11mg Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 13.61mg, Quercetin: 13.61mg, Quercetin: 13.61mg, Quercetin: 13.61mg

Nutrients (% of daily need)

Calories: 395.53kcal (19.78%), Fat: 15.56g (23.94%), Saturated Fat: 1.96g (12.27%), Carbohydrates: 56.13g (18.71%), Net Carbohydrates: 51.9g (18.87%), Sugar: 4.42g (4.92%), Cholesterol: 0mg (0%), Sodium: 547.62mg (23.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.71g (21.43%), Manganese: 1.61mg (80.73%), Vitamin K: 52.33µg (49.84%), Phosphorus: 260.13mg (26.01%), Magnesium: 91.37mg (22.84%), Vitamin B3: 4.39mg (21.95%), Copper: 0.43mg (21.73%), Zinc: 2.78mg (18.56%), Vitamin C: 15.06mg (18.26%), Fiber: 4.23g (16.91%), Vitamin E: 2.42mg (16.16%), Vitamin B6: 0.31mg (15.61%), Iron: 2.71mg (15.06%), Potassium: 470.92mg (13.45%), Folate: 49.37µg (12.34%), Vitamin B2: 0.18mg (10.4%), Selenium: 6.41µg (9.16%), Vitamin B1: 0.13mg (8.38%), Vitamin A: 384.23IU (7.68%), Vitamin B5: 0.76mg (7.57%), Calcium: 62.12mg (6.21%), Vitamin B12: 0.11µg (1.8%)