



Wild Rice with Bacon and Fennel



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



227 kcal

SIDE DISH

Ingredients

- ☐ 4 slices bacon
- ☐ 0.5 cup chicken broth fat-free reduced-sodium
- ☐ 1 large fennel bulb thinly sliced
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup golden raisins
- ☐ 1 large onion cut into thin wedges
- ☐ 0.1 teaspoon pepper

- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup walnuts toasted chopped
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 1.3 cups rice wild uncooked

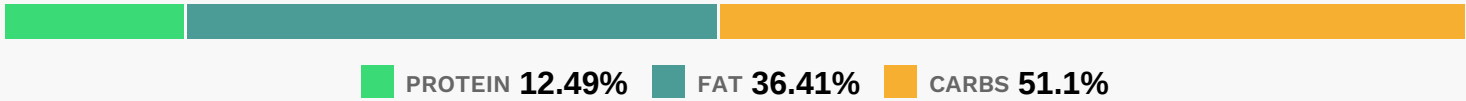
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook wild rice according to package directions; drain.
- ☐ Meanwhile, cook bacon in a large nonstick skillet over medium-high heat 7 to 8 minutes or until crisp; drain on paper towels, reserving 1 Tbsp. drippings in skillet. Chop bacon.
- ☐ Saut fennel bulb and onion in hot drippings over medium-high heat 5 minutes or until softened.
- ☐ Add garlic; saut 1 minute.
- ☐ Add broth and next 3 ingredients; bring to a boil. Reduce heat to medium-low; cover and simmer 8 minutes or until tender. Stir in rice and bacon; cook, stirring often, 3 minutes.
- ☐ Transfer to a large serving bowl. Stir in fennel fronds and vinegar. Stir in walnuts just before serving.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:13.98, Inflammation Score:-5, Nutrition Score:11.66826078814%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.94mg, Isorhamnetin:

0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 226.5kcal (11.33%), Fat: 9.57g (14.72%), Saturated Fat: 2g (12.5%), Carbohydrates: 30.22g (10.07%), Net Carbohydrates: 26.52g (9.64%), Sugar: 6.42g (7.14%), Cholesterol: 7.26mg (2.42%), Sodium: 223.55mg (9.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.39g (14.77%), Vitamin K: 50.17µg (47.78%), Manganese: 0.73mg (36.3%), Phosphorus: 187.61mg (18.76%), Magnesium: 70.43mg (17.61%), Copper: 0.32mg (15.88%), Fiber: 3.7g (14.78%), Zinc: 2.09mg (13.92%), Vitamin B3: 2.71mg (13.54%), Vitamin B6: 0.24mg (12.08%), Folate: 47.16µg (11.79%), Potassium: 380.25mg (10.86%), Vitamin C: 7.92mg (9.6%), Iron: 1.3mg (7.24%), Vitamin B2: 0.12mg (7.14%), Vitamin B1: 0.1mg (6.81%), Selenium: 4.08µg (5.83%), Vitamin B5: 0.52mg (5.18%), Vitamin A: 208.36IU (4.17%), Calcium: 39.97mg (4%), Vitamin E: 0.51mg (3.42%), Vitamin B12: 0.08µg (1.39%)