



Wild Rice with Bell Pepper and Fennel



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup fennel bulb diced
- ☐ 1.5 tablespoons olive oil
- ☐ 1.5 teaspoons oregano fresh chopped
- ☐ 8.5 ounce precooked rice wild (such as Archer Farms)
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup bell pepper diced yellow

Equipment

☐ frying pan

Directions

- ☐ Prepare rice according to the package directions.
- ☐ Heat olive oil in a large nonstick skillet over medium heat.
- ☐ Add bell pepper and diced fennel bulb to pan; cook 8 minutes or until tender, stirring frequently. Stir in rice, fresh oregano, freshly ground black pepper, and salt; cook 1 minute.

Nutrition Facts



Properties

Glycemic Index:35.8, Glycemic Load:29.24, Inflammation Score:-7, Nutrition Score:8.4408695334974%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 277.31kcal (13.87%), Fat: 5.75g (8.84%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 50.81g (16.94%), Net Carbohydrates: 49.14g (17.87%), Sugar: 0.53g (0.59%), Cholesterol: 0mg (0%), Sodium: 154.72mg (6.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.42%), Vitamin C: 35.5mg (43.03%), Manganese: 0.77mg (38.38%), Vitamin K: 15.12µg (14.4%), Selenium: 9.27µg (13.25%), Copper: 0.17mg (8.39%), Phosphorus: 80.69mg (8.07%), Vitamin B6: 0.14mg (7.19%), Vitamin E: 1.02mg (6.83%), Vitamin B5: 0.68mg (6.78%), Fiber: 1.67g (6.68%), Vitamin B3: 1.24mg (6.18%), Iron: 0.98mg (5.43%), Magnesium: 21.6mg (5.4%), Zinc: 0.73mg (4.89%), Potassium: 166.64mg (4.76%), Calcium: 37.47mg (3.75%), Folate: 14.42µg (3.6%), Vitamin B1: 0.05mg (3.34%), Vitamin B2: 0.04mg (2.47%), Vitamin A: 65.95IU (1.32%)