



WHATSheATE



## Wild Rice with Butternut Squash, Leeks, and Corn



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



232 kcal

SIDE DISH

### Ingredients

- ☐ 6 tablespoons butter divided ()
- ☐ 3 cups butternut squash peeled (from)
- ☐ 2 teaspoons kosher salt
- ☐ 1.5 cups corn kernels white frozen thawed
- ☐ 1.5 cups leek white finely chopped ( part only)
- ☐ 3 tablespoons olive oil
- ☐ 1 tablespoon parsley fresh italian chopped

- ☐ 9 ounces rice wild

## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ sieve

## Directions

- ☐ Rinse rice in strainer under cold water; drain. Bring 6 cups water and 2 teaspoons coarse salt to boil in large saucepan.
- ☐ Add rice; bring to boil. Reduce heat; simmer uncovered until rice grains begin to split and are tender but still slightly chewy, about 45 minutes.
- ☐ Drain.
- ☐ Spread on rimmed baking sheet to cool.
- ☐ Transfer to bowl. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Preheat oven to 350°F. Oil rimmed baking sheet. Toss squash cubes and 3 tablespoons oil in medium bowl.
- ☐ Spread squash in single layer on prepared sheet; sprinkle with salt and pepper. Roast just until tender but firm enough to hold shape, stirring occasionally, about 15 minutes.
- ☐ Transfer squash to bowl. Cool. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Melt 4 tablespoons butter in large skillet over medium heat.
- ☐ Add leeks and 3/4 cup water; simmer until leeks are tender, about 7 minutes.
- ☐ Add corn; simmer 2 minutes longer.
- ☐ Add rice and butternut squash; simmer until heated through and liquid is absorbed, about 4 minutes. Stir in 2 tablespoons butter and parsley. Season with salt and pepper.
- ☐ Transfer to bowl and serve.
- ☐ Some kinds of wild rice take longer to cook than others. The rice is fully cooked when the grains are tender but still chewy and beginning to split. Be sure to test the rice before draining.

## Nutrition Facts



 **PROTEIN 8.27%**  **FAT 43.23%**  **CARBS 48.5%**

## Properties

Glycemic Index:17, Glycemic Load:10.35, Inflammation Score:-10, Nutrition Score:13.320434792534%

## Flavonoids

Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 232.11kcal (11.61%), Fat: 11.67g (17.96%), Saturated Fat: 5.01g (31.32%), Carbohydrates: 29.46g (9.82%), Net Carbohydrates: 26.3g (9.56%), Sugar: 3.18g (3.54%), Cholesterol: 18.06mg (6.02%), Sodium: 575.98mg (25.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.05%), Vitamin A: 4946.67IU (98.93%), Manganese: 0.52mg (25.9%), Magnesium: 66.76mg (16.69%), Vitamin K: 16.9µg (16.09%), Phosphorus: 142.57mg (14.26%), Vitamin C: 11.35mg (13.75%), Folate: 54.08µg (13.52%), Fiber: 3.17g (12.67%), Vitamin B3: 2.53mg (12.65%), Vitamin E: 1.76mg (11.74%), Zinc: 1.69mg (11.28%), Vitamin B6: 0.21mg (10.26%), Copper: 0.19mg (9.45%), Potassium: 317.66mg (9.08%), Iron: 1.19mg (6.64%), Vitamin B2: 0.1mg (6.14%), Vitamin B1: 0.09mg (5.95%), Vitamin B5: 0.56mg (5.59%), Calcium: 37.03mg (3.7%), Selenium: 1.29µg (1.84%)