



Wild Rice with Mushrooms

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons butter
- 0.5 cup flat-leaf parsley fresh chopped
- 12 ounces mushrooms fresh assorted trimmed sliced
- 0.5 cup plum brandy
- 12 oz rice mix long-grain wild
- 0.3 teaspoon salt
- 1 large onion diced sweet

Equipment

frying pan

Directions

- Prepare rice mix according to package directions.
- Meanwhile, melt butter in a large skillet over medium-high heat; add onion, and saut 7 minutes or until golden.
- Add mushrooms and salt; saut 4 to 5 minutes or until mushrooms are tender.
- Add Marsala, and saut 3 minutes or until liquid is absorbed. Stir mushroom mixture and parsley into prepared rice.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:13.36, Inflammation Score:-6, Nutrition Score:11.515217326258%

Flavonoids

Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 11.38mg, Malvidin: 11.38mg, Malvidin: 11.38mg, Malvidin: 11.38mg Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg, Quercetin: 5.05mg

Nutrients (% of daily need)

Calories: 189.92kcal (9.5%), Fat: 3.94g (6.06%), Saturated Fat: 2.23g (13.96%), Carbohydrates: 30.93g (10.31%), Net Carbohydrates: 28.08g (10.21%), Sugar: 4.15g (4.61%), Cholesterol: 9.03mg (3.01%), Sodium: 94.63mg (4.11%), Alcohol: 1.84g (100%), Alcohol %: 1.93% (100%), Protein: 6.48g (12.95%), Vitamin K: 50.24µg (47.85%), Manganese: 0.51mg (25.62%), Phosphorus: 189.33mg (18.93%), Vitamin B3: 3.63mg (18.15%), Magnesium: 68.92mg (17.23%), Copper: 0.31mg (15.74%), Zinc: 2.29mg (15.28%), Vitamin B2: 0.24mg (14.06%), Folate: 50.4µg (12.6%), Fiber: 2.85g (11.39%), Vitamin B6: 0.21mg (10.71%), Vitamin B5: 0.93mg (9.28%), Potassium: 321.51mg (9.19%), Vitamin C: 6.29mg (7.63%), Vitamin A: 364.47IU (7.29%), Iron: 1.14mg (6.33%), Selenium: 4.39µg (6.27%), Vitamin B1: 0.09mg (5.68%), Vitamin E: 0.41mg (2.73%), Calcium: 20.93mg (2.09%)