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Field Corn and Very Wild Rice Vegetarian ♦

This recipe is a vegetarian dish made with field corn and very wild rice. It is a delicious and nutritious meal that can be enjoyed by vegetarians and non-vegetarians alike. The dish is made by combining cooked field corn and very wild rice with a variety of vegetables and seasonings. It can be served as a main course or as a side dish.

Recipe Type: Vegetarian

Prep Time: 20 mins

Cook Time: 40 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	field corn
200 g	very wild rice
100 g	onion
100 g	bell pepper

100 g	carrot
10 g	garlic
20 g	olive oil
5 g	salt
2 g	black pepper
5 g	Parsley

Directions

Step 1

Boiling

Cook the field corn and very wild rice according to package instructions.

Prep Time: 10 mins

Cook Time: 30 mins

Step 2

Cutting

Chop the onion, bell pepper, carrot, and garlic.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Sautéing

Heat olive oil in a pan and sauté the chopped vegetables until tender.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Mixing

Add the cooked field corn and very wild rice to the pan and mix well.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Mixing

Season with salt, black pepper, and chopped parsley.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve hot as a main course or as a side dish.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 8 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	8 g	21.05%	32%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	100 mg	10%	10%
Iron	4 mg	50%	22.22%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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