



Almond Rice with Raspberry Sauce

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



10

CALORIES



513 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon almond extract
- 3 tablespoons cornstarch
- 10 servings mint leaves fresh
- 2 cups cup heavy whipping cream
- 2 tablespoons juice of lemon
- 2 cups rice long grain uncooked
- 2.5 cups milk
- 20 ounces raspberries sweetened frozen thawed

- 2 teaspoons salt
- 1 cup slivered almonds toasted
- 1 cup sugar
- 5 cups water divided

Equipment

- sauce pan

Directions

- In a large saucepan over medium heat, bring 4 cups of water, rice and salt to a boil. Reduce heat; cover and simmer for 15 minutes or until rice is tender and liquid is absorbed. Stir in milk and sugar. Bring to a boil over medium heat; reduce heat and simmer, uncovered, until milk is absorbed and rice is creamy.
- Remove from the heat; stir in almonds and extract. Cool slightly; cover and chill.
- Meanwhile, in another saucepan, combine cornstarch and remaining water; add raspberries. Bring to a boil over medium heat; boil and stir for 2 minutes or until thickened.
- Remove from the heat; stir in lemon juice. Cover and chill.
- Just before serving, whip cream until soft peaks form; fold into rice mixture. Spoon into individual serving dishes and top with raspberry sauce.
- Garnish with mint if desired.

Nutrition Facts



PROTEIN 6.88% **FAT 43.28%** **CARBS 49.84%**

Properties

Glycemic Index:20.53, Glycemic Load:33.74, Inflammation Score:-7, Nutrition Score:14.056956477787%

Flavonoids

Cyanidin: 26.22mg, Cyanidin: 26.22mg, Cyanidin: 26.22mg, Cyanidin: 26.22mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg

0.07mg, Peonidin: 0.07mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg
Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg
Epicatechin: 2.06mg, Epicatechin: 2.06mg, Epicatechin: 2.06mg, Epicatechin: 2.06mg Epigallocatechin 3-gallate:
0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg
Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg Hesperetin: 0.54mg, Hesperetin:
0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg,
Naringenin: 0.09mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg,
Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin:
0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol:
0.08mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 513.3kcal (25.66%), Fat: 25.22g (38.8%), Saturated Fat: 12.57g (78.59%), Carbohydrates: 65.34g (21.78%),
Net Carbohydrates: 59.71g (21.71%), Sugar: 27.39g (30.44%), Cholesterol: 61.11mg (20.37%), Sodium: 510.33mg
(22.19%), Alcohol: 0.03g (100%), Alcohol %: 0.01% (100%), Protein: 9.02g (18.03%), Manganese: 1.05mg (52.39%),
Vitamin E: 3.77mg (25.14%), Fiber: 5.63g (22.51%), Vitamin B2: 0.34mg (20.2%), Vitamin C: 16.62mg (20.15%),
Phosphorus: 201.45mg (20.14%), Vitamin A: 860.02IU (17.2%), Calcium: 166.74mg (16.67%), Magnesium: 63.79mg
(15.95%), Copper: 0.28mg (13.76%), Selenium: 8.92µg (12.75%), Potassium: 353.55mg (10.1%), Vitamin B5: 0.97mg
(9.69%), Vitamin D: 1.43µg (9.55%), Zinc: 1.37mg (9.15%), Vitamin B6: 0.16mg (8.16%), Vitamin B1: 0.11mg (7.43%),
Vitamin B3: 1.44mg (7.18%), Vitamin B12: 0.41µg (6.76%), Iron: 1.21mg (6.74%), Vitamin K: 6.17µg (5.87%), Folate:
23.26µg (5.82%)