

Almond Wild Rice

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



10

CALORIES



238 kcal

SIDE DISH

Ingredients

- 1.5 cups brown and rice mix wild
- 3 tablespoons butter
- 2.5 cups chicken broth
- 2 tablespoons parsley dried
- 0.3 teaspoon ground pepper black
- 0.3 teaspoon salt
- 1 cup slivered almonds
- 1 cup cranberries dried sweetened craisins® (such as)

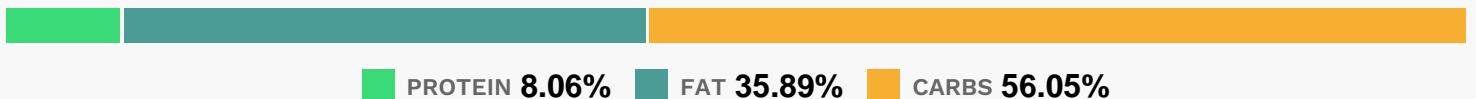
Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 375 degrees F (190 degrees C). Spray an 8-inch square baking dish with cooking spray.
- Bring chicken broth to a boil in a saucepan.
- Pour rice mix into the prepared baking dish. Carefully pour boiling chicken broth over the rice. Cover the dish with aluminum foil.
- Bake in preheated oven until rice is tender, about 1 hour.
- Melt butter in a skillet over medium heat. Cook and stir almonds in hot butter until they start to color, 3 to 5 minutes.
- Sprinkle parsley over the almonds; continue to cook and stir until the almonds are lightly browned, another 3 to 5 minutes.
- Mix the baked rice, the almond mixture, cranberries, salt, and pepper in a large bowl; toss to serve.

Nutrition Facts



Properties

Glycemic Index:15.07, Glycemic Load:12.29, Inflammation Score:-5, Nutrition Score:9.8669564801714%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 18.02mg, Apigenin: 18.02mg, Apigenin: 18.02mg, Apigenin: 18.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg, Isorhamnetin: 1.61mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 237.97kcal (11.9%), Fat: 9.84g (15.14%), Saturated Fat: 2.75g (17.17%), Carbohydrates: 34.57g (11.52%), Net Carbohydrates: 31.49g (11.45%), Sugar: 9.55g (10.62%), Cholesterol: 10.2mg (3.4%), Sodium: 306.78mg (13.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.94%), Manganese: 1.42mg (70.92%), Vitamin E: 3.18mg (21.18%), Magnesium: 72.76mg (18.19%), Phosphorus: 133.34mg (13.33%), Fiber: 3.08g (12.32%), Vitamin B2: 0.18mg (10.85%), Copper: 0.21mg (10.52%), Vitamin B1: 0.15mg (10.32%), Vitamin B3: 1.86mg (9.28%), Vitamin B6: 0.17mg (8.42%), Zinc: 0.99mg (6.61%), Vitamin K: 6.74µg (6.41%), Iron: 1.1mg (6.09%), Potassium: 184.47mg (5.27%), Vitamin B5: 0.52mg (5.17%), Calcium: 47.72mg (4.77%), Folate: 11.31µg (2.83%), Vitamin A: 114.27IU (2.29%), Selenium: 0.85µg (1.22%)