



Boozy Rice with Nuts and Berries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



195 min.

SERVINGS



12

CALORIES



326 kcal

SIDE DISH

Ingredients

- ☐ 1 cup brown rice
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 2 cups golden raisins
- ☐ 8 green onions chopped
- ☐ 0.5 cup olive oil
- ☐ 3 orange zest juiced
- ☐ 2 cups pecans toasted chopped
- ☐ 12 servings salt and pepper black freshly ground to taste

- ☐ 2 cups water
- ☐ 1 cup rice wild

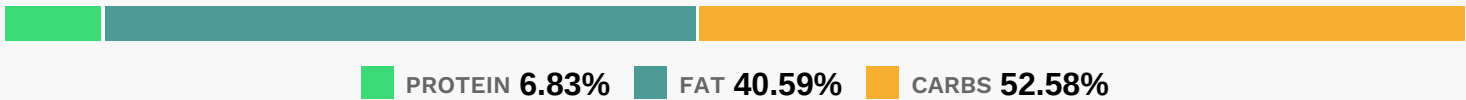
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan

Directions

- ☐ In one saucepan, combine the wild rice and 3 cups of water. Bring to a boil, cover and reduce heat to low. Simmer for 40 to 50 minutes, or until rice is tender and water has been absorbed.
- ☐ In a separate saucepan, combine the brown rice and 2 cups of water. Bring to a boil, cover and reduce heat to low. Simmer for 45 minutes, or until rice is tender and water has been absorbed.
- ☐ After both kinds of rice have finished cooking, spread out on baking sheets to cool and dry for about 30 minutes.
- ☐ In a large bowl, combine the wild rice, brown rice, pecans, raisins, green onions, mint, orange juice and zest. Stir in the wine and olive oil; season with salt and pepper. Cover and set aside for 2 hours to blend flavors.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:20.45, Glycemic Load:22.45, Inflammation Score:-5, Nutrition Score:13.089130541553%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate:

0.42mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 326.38kcal (16.32%), Fat: 15.6g (24%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 45.47g (15.16%), Net Carbohydrates: 40.69g (14.8%), Sugar: 15.55g (17.27%), Cholesterol: 0mg (0%), Sodium: 8.45mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.82%), Manganese: 1.71mg (85.47%), Copper: 0.44mg (22.13%), Magnesium: 81.01mg (20.25%), Fiber: 4.78g (19.11%), Vitamin K: 19.54µg (18.61%), Phosphorus: 182.76mg (18.28%), Vitamin B1: 0.21mg (14.15%), Zinc: 2.08mg (13.86%), Vitamin B6: 0.26mg (13.09%), Potassium: 394.59mg (11.27%), Vitamin B3: 2.17mg (10.85%), Iron: 1.7mg (9.42%), Vitamin C: 7.15mg (8.67%), Vitamin B2: 0.13mg (7.4%), Folate: 28.73µg (7.18%), Vitamin B5: 0.6mg (5.99%), Calcium: 50.34mg (5.03%), Vitamin E: 0.7mg (4.7%), Vitamin A: 185.26IU (3.71%), Selenium: 1.32µg (1.88%)