



Boozy Rice with Nuts and Berries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



195 min.

SERVINGS



12

CALORIES



342 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup brown rice
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 2 cups golden raisins
- ☐ 8 green onions chopped
- ☐ 0.5 cup marsala wine dry
- ☐ 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

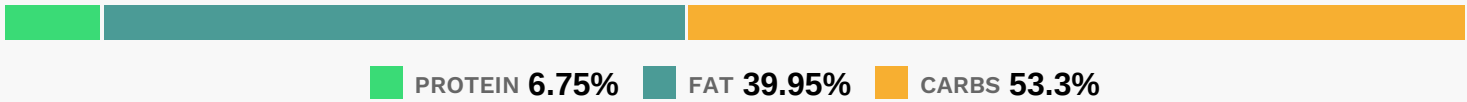
Equipment

- ☐ 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:13.180869589681%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 1.71mg, Delphinidin: 1.71mg, Delphinidin: 1.71mg, Delphinidin: 1.71mg Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg Peonidin: 0.39mg, Peonidin:

0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg Catechin: 2.3mg, Catechin: 2.3mg, Catechin: 2.3mg, Catechin: 2.3mg
Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg
Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg 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, Kaempferol: 0.76mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin:
1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 342.38kcal (17.12%), Fat: 15.6g (24%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 46.84g (15.61%), Net
Carbohydrates: 42.06g (15.3%), Sugar: 16.32g (18.14%), Cholesterol: 0mg (0%), Sodium: 9.35mg (0.41%), Alcohol:
1.53g (100%), Alcohol %: 1.36% (100%), Protein: 5.93g (11.86%), Manganese: 1.72mg (86.06%), Copper: 0.45mg
(22.36%), Magnesium: 81.91mg (20.48%), Fiber: 4.78g (19.11%), Vitamin K: 19.54µg (18.61%), Phosphorus: 183.66mg
(18.37%), Vitamin B1: 0.21mg (14.27%), Zinc: 2.09mg (13.91%), Vitamin B6: 0.26mg (13.09%), Potassium: 403.79mg
(11.54%), Vitamin B3: 2.19mg (10.96%), Iron: 1.72mg (9.56%), Vitamin C: 7.15mg (8.67%), Vitamin B2: 0.13mg (7.5%),
Folate: 28.73µg (7.18%), Vitamin B5: 0.6mg (6.02%), Calcium: 51.14mg (5.11%), Vitamin E: 0.7mg (4.7%), Vitamin A:
185.26IU (3.71%), Selenium: 1.37µg (1.95%)