



Chardonnay Rice with Golden Raisins

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



472 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup almonds sliced
- 1.5 cups cooking wine dry white such as a sauvignon blanc (recommended: sterling vintners collection), divided
- 0.5 cup golden raisins
- 1 tablespoon parsley leaves chopped
- 1.5 cups rice long-grain
- 1 pinch salt
- 1 tablespoon butter unsalted
- 2 cups water

Equipment

- bowl
- frying pan
- pot

Directions

- In a small pot over medium heat, warm 1/2 cup of the wine. Take the pan off the heat, add the raisins, and let sit until cooled and the raisins are plump.
- In a medium pot over high heat, bring 2 cups of water, remaining wine, butter, and salt to a boil over medium heat. Stir in the rice, reduce the heat to low, cover, and cook until the rice is tender, about 20 minutes.
- Add the raisins and mix them into the rice. Cover and let rest for about 10 minutes. Fluff the rice with a fork, then stir in the almonds.
- Transfer the rice to a serving bowl, garnish with parsley, and serve.

Nutrition Facts



Properties

Glycemic Index:39.96, Glycemic Load:41.26, Inflammation Score:-5, Nutrition Score:10.886956419958%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 471.68kcal (23.58%), Fat: 9.13g (14.04%), Saturated Fat: 2.39g (14.93%), Carbohydrates: 74.24g (24.75%), Net Carbohydrates: 71.14g (25.87%), Sugar: 11.32g (12.58%), Cholesterol: 7.53mg (2.51%), Sodium: 22.31mg (0.97%), Alcohol: 9.29g (100%), Alcohol %: 3.8% (100%), Protein: 8.12g (16.24%), Manganese: 1.08mg (53.76%), Vitamin E: 3.13mg (20.87%), Copper: 0.36mg (17.89%), Vitamin K: 17.35µg (16.52%), Selenium: 11.11µg (15.87%), Phosphorus: 157.36mg (15.74%), Magnesium: 56.49mg (14.12%), Fiber: 3.1g (12.39%), Vitamin B2: 0.2mg (11.88%), Vitamin B6: 0.19mg (9.45%), Vitamin B3: 1.75mg (8.74%), Potassium: 305.67mg (8.73%), Zinc: 1.2mg (7.99%), Vitamin B5: 0.79mg (7.91%), Iron: 1.37mg (7.6%), Calcium: 65.74mg (6.57%), Vitamin B1: 0.07mg (4.97%), Vitamin A: 171.82IU (3.44%), Folate: 12.78µg (3.19%), Vitamin C: 1.91mg (2.32%)