



Cherry Almond Rice Mexicana



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



328 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds toasted chopped
- ☐ 15 ounce cherries pitted canned
- ☐ 2 teaspoons chili powder
- ☐ 2 cups brown rice instant
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons semi chocolate chips

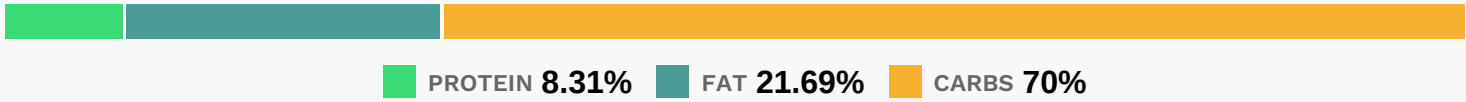
Equipment

- ☐ sauce pan

Directions

- ☐ Drain canned cherries, reserving juice. Coarsely chop enough cherries for 1/2 cup and set aside. Save remaining cherries for another use.
- ☐ In a medium saucepan, add reserved cherry juice (approximately 2/3 cup) plus enough water to equal 2 cups. Bring to a boil over medium-high heat. Stir in remaining ingredients, except chopped almonds. Cover and reduce heat to a simmer for 10 minutes.
- ☐ Remove from heat and stir in toasted chopped almonds.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:3.33, Inflammation Score:-7, Nutrition Score:13.830869591107%

Flavonoids

Cyanidin: 32.34mg, Cyanidin: 32.34mg, Cyanidin: 32.34mg, Cyanidin: 32.34mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 1.59mg, Peonidin: 1.59mg, Peonidin: 1.59mg, Peonidin: 1.59mg Catechin: 4.75mg, Catechin: 4.75mg, Catechin: 4.75mg, Catechin: 4.75mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 5.37mg, Epicatechin: 5.37mg, Epicatechin: 5.37mg, Epicatechin: 5.37mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 328.37kcal (16.42%), Fat: 8.09g (12.45%), Saturated Fat: 2.12g (13.26%), Carbohydrates: 58.77g (19.59%), Net Carbohydrates: 53.65g (19.51%), Sugar: 16.84g (18.71%), Cholesterol: 0.45mg (0.15%), Sodium: 312.22mg (13.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.45mg (2.15%), Protein: 6.98g (13.96%), Manganese: 0.82mg (40.97%), Folate: 126.71µg (31.68%), Vitamin B1: 0.45mg (30.01%), Selenium: 17.2µg (24.57%), Iron: 4.07mg (22.63%), Fiber: 5.11g (20.46%), Vitamin E: 2.81mg (18.7%), Vitamin B3: 3.68mg (18.39%), Copper: 0.34mg (16.79%), Magnesium: 56.54mg (14.14%), Phosphorus: 138.55mg (13.86%), Potassium: 375.22mg (10.72%), Vitamin B2: 0.16mg (9.53%), Vitamin C: 7.45mg (9.03%), Zinc: 1.21mg (8.07%), Vitamin A: 368.38IU (7.37%), Vitamin B6: 0.14mg (7.01%),

Calcium: 55.45mg (5.55%), Vitamin B5: 0.47mg (4.71%), Vitamin K: 3.87µg (3.69%)