



Colorful Rice - Semi-Homemaker

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



4

CALORIES



385 kcal

SIDE DISH

Ingredients

- 8 ounce water chestnuts drained sliced canned
- 0.5 cup celery diced
- 0.5 cup cranberries dried
- 1 teaspoon garlic from jar fresh crushed chopped
- 2.5 cups chicken stock see low-sodium
- 0.5 orange zest
- 0.5 cup pecans chopped
- 8 ounce mushrooms white sliced chopped

- 6 ounce rice wild
- 0.5 cup onion diced yellow

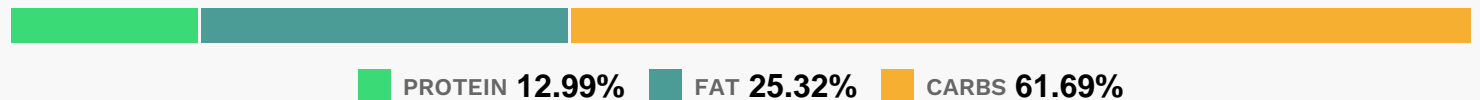
Equipment

- bowl
- frying pan
- pot

Directions

- In a large sauce pot bring the chicken stock to a boil over medium heat.
- Add rice, cover, turn the heat down to low and cook for 20 minutes or until rice has absorbed all the liquid and is tender.
- Heat a large skillet over medium heat and spray with olive oil cooking spray.
- Add the garlic, onions, celery and mushrooms and saute until tender about 5 to 7 minutes.
- Add rice, cranberries, pecans, water chestnuts and orange zest.
- Mix to combine and cook until all ingredients are heated through.
- Transfer to a serving bowl and serve.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:17.37, Inflammation Score:-6, Nutrition Score:19.218695604283%

Flavonoids

Cyanidin: 1.55mg, Cyanidin: 1.55mg, Cyanidin: 1.55mg, Cyanidin: 1.55mg Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

Nutrients (% of daily need)

Calories: 385.27kcal (19.26%), Fat: 11.61g (17.86%), Saturated Fat: 1.24g (7.77%), Carbohydrates: 63.66g (21.22%), Net Carbohydrates: 55.42g (20.15%), Sugar: 17.12g (19.02%), Cholesterol: 0mg (0%), Sodium: 68.7mg (2.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.4g (26.8%), Manganese: 1.39mg (69.39%), Vitamin B3: 7.57mg (37.87%), Copper: 0.76mg (37.78%), Phosphorus: 343.4mg (34.34%), Fiber: 8.24g (32.97%), Magnesium: 107.38mg (26.85%), Zinc: 4.01mg (26.71%), Vitamin B2: 0.44mg (25.99%), Vitamin B6: 0.46mg (23.01%), Potassium: 724.56mg (20.7%), Folate: 66.95µg (16.74%), Vitamin B5: 1.65mg (16.49%), Iron: 2.69mg (14.96%), Vitamin B1: 0.21mg (14.1%), Selenium: 7.97µg (11.38%), Vitamin E: 1.35mg (8.99%), Vitamin C: 6.65mg (8.06%), Vitamin K: 6.4µg (6.09%), Calcium: 44.26mg (4.43%), Vitamin B12: 0.17µg (2.84%), Vitamin A: 79.16IU (1.58%)