



Cranberry, Almond and Mushroom Rice Pilaf

 Vegetarian  Gluten Free  Dairy Free

READY IN



32 min.

SERVINGS



6

CALORIES



183 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup planters almonds toasted sliced
- 2 tsp canola oil
- 0.5 cup cranberries dried
- 14 oz chicken broth fat-free reduced-sodium canned
- 1.5 cups mushrooms fresh sliced
- 1.5 cups grain brown rice whole instant uncooked
- 1 small onion chopped
- 0.5 tsp thyme leaves dried

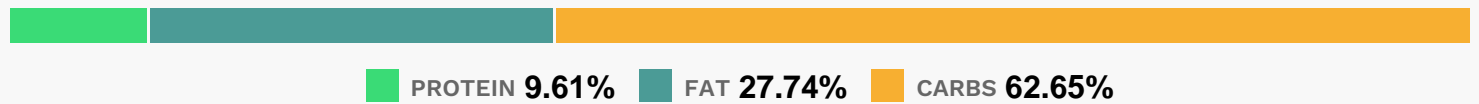
Equipment

- frying pan

Directions

- Heat oil in large skillet on medium heat.
- Add onions; cook and stir 3 min.
- Add mushrooms; cook 3 min., stirring occasionally.
- Add all remaining ingredients except nuts; stir. Bring to boil on high heat; cover. Simmer on low heat 10 to 12 min. or until liquid is absorbed.
- Stir in nuts.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.49, Inflammation Score:-4, Nutrition Score:8.4839130124968%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 183.12kcal (9.16%), Fat: 5.84g (8.99%), Saturated Fat: 0.46g (2.88%), Carbohydrates: 29.7g (9.9%), Net Carbohydrates: 27.35g (9.95%), Sugar: 8.75g (9.72%), Cholesterol: 0mg (0%), Sodium: 274.95mg (11.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.11%), Manganese: 0.45mg (22.42%), Folate: 69.49µg (17.37%), Selenium: 12.12µg (17.31%), Vitamin B1: 0.25mg (16.37%), Vitamin E: 2.45mg (16.34%), Vitamin B3: 3.09mg (15.45%), Vitamin B2: 0.21mg (12.36%), Copper: 0.22mg (10.86%), Iron: 1.93mg (10.71%), Phosphorus: 94.43mg (9.44%), Fiber:

2.35g (9.4%), Magnesium: 28.21mg (7.05%), Vitamin B5: 0.6mg (6.04%), Potassium: 180.56mg (5.16%), Zinc: 0.72mg (4.77%), Vitamin B6: 0.09mg (4.45%), Calcium: 32.58mg (3.26%), Vitamin B12: 0.14µg (2.36%), Vitamin C: 1.49mg (1.81%), Vitamin K: 1.91µg (1.81%)