



Cranberry, Almond and Mushroom Rice Pilaf

 Vegetarian  Gluten Free  Dairy Free

READY IN



32 min.

SERVINGS



32

CALORIES



34 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.

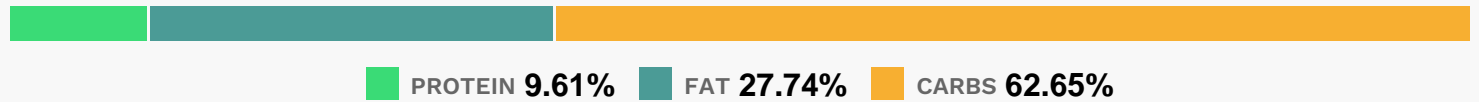
Add onions; cook and stir 3 min.

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:3.56, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.5904347691685%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 34.34kcal (1.72%), Fat: 1.1g (1.69%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 5.57g (1.86%), Net Carbohydrates: 5.13g (1.86%), Sugar: 1.64g (1.82%), Cholesterol: 0mg (0%), Sodium: 51.55mg (2.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.71%), Manganese: 0.08mg (4.2%), Folate: 13.03µg (3.26%), Selenium: 2.27µg (3.25%), Vitamin B1: 0.05mg (3.07%), Vitamin E: 0.46mg (3.06%), Vitamin B3: 0.58mg (2.9%), Vitamin B2: 0.04mg (2.32%), Copper: 0.04mg (2.04%), Iron: 0.36mg (2.01%), Phosphorus: 17.7mg (1.77%), Fiber: 0.44g (1.76%), Magnesium: 5.29mg (1.32%), Vitamin B5: 0.11mg (1.13%)