



Cranberry-Almond Wild Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



248 kcal

SIDE DISH

Ingredients

- 3.5 ounce quick-cooking brown rice
- 0.3 cup slivered almonds toasted
- 0.8 cup cranberries dried sweetened
- 6 ounce rice long grain wild

Equipment

Directions

- Prepare 1 (6-ounce) package long grain and wild rice according to package directions. Stir in 1 (5-ounce) bag quick-cooking brown rice prepared according to package directions, 3/4 cup sweetened dried cranberries, and 1/3 cup toasted slivered almonds. Prep: 5 min., Cook: 20 min.

Nutrition Facts

PROTEIN 7.37% **FAT 12.58%** **CARBS 80.05%**

Properties

Glycemic Index:11.86, Glycemic Load:13.7, Inflammation Score:-3, Nutrition Score:6.9886956490252%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 247.72kcal (12.39%), Fat: 3.5g (5.39%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 50.12g (16.71%), Net Carbohydrates: 47.88g (17.41%), Sugar: 11.3g (12.56%), Cholesterol: 0mg (0%), Sodium: 3.89mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.22%), Manganese: 0.65mg (32.43%), Selenium: 10.77µg (15.39%), Vitamin E: 1.89mg (12.61%), Folate: 50.39µg (12.6%), Vitamin B1: 0.19mg (12.48%), Vitamin B3: 1.91mg (9.56%), Fiber: 2.24g (8.94%), Iron: 1.55mg (8.61%), Phosphorus: 82.19mg (8.22%), Copper: 0.16mg (8.15%), Magnesium: 26.21mg (6.55%), Vitamin B2: 0.09mg (5.36%), Zinc: 0.75mg (4.99%), Vitamin B5: 0.42mg (4.2%), Vitamin B6: 0.08mg (4.03%), Calcium: 29.08mg (2.91%), Potassium: 88.47mg (2.53%), Vitamin K: 1.2µg (1.14%)