



Cranberry and Almond Rice Pilaf



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



205 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup cranberries dried
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 8 servings ground pepper black to taste
- ☐ 1.5 cups jasmine rice uncooked
- ☐ 1 teaspoon kosher salt to taste
- ☐ 3 cups chicken broth low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup onions chopped

☐ 0.3 cup slivered almonds

Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat olive oil in a large skillet or Dutch oven over medium heat. Cook and stir onion in hot oil until tender and translucent, about 5 minutes.
- ☐ Stir cranberries and jasmine rice into onion until rice is coated with oil and rice is lightly toasted, about 5 minutes more.
- ☐ Pour chicken broth into skillet and season with kosher salt and black pepper.
- ☐ Bring rice mixture to a boil over high heat, then cover and reduce heat to low. Simmer until rice is tender and liquid is absorbed, about 22 minutes.
- ☐ Remove skillet from heat; stir green onions, cilantro, and almonds into rice mixture. Adjust seasoning if necessary.

Nutrition Facts



Properties

Glycemic Index:20.27, Glycemic Load:17.05, Inflammation Score:-2, Nutrition Score:5.1926087128079%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 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: 0.84mg, Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg, Isorhamnetin: 0.84mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 205.4kcal (10.27%), Fat: 4.3g (6.61%), Saturated Fat: 0.61g (3.78%), Carbohydrates: 37.27g (12.42%), Net Carbohydrates: 35.71g (12.98%), Sugar: 6.44g (7.16%), Cholesterol: 0mg (0%), Sodium: 320.11mg (13.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.3%), Manganese: 0.51mg (25.4%), Vitamin B3: 1.95mg (9.76%), Vitamin E: 1.32mg (8.81%), Phosphorus: 87.86mg (8.79%), Copper: 0.17mg (8.44%), Selenium: 5.5µg (7.86%), Fiber: 1.56g (6.24%), Vitamin B2: 0.09mg (5.21%), Magnesium: 20.69mg (5.17%), Potassium: 168.54mg (4.82%), Vitamin B6: 0.09mg (4.59%), Zinc: 0.61mg (4.05%), Vitamin B5: 0.4mg (4.05%), Iron: 0.67mg (3.75%), Calcium: 27.2mg (2.72%), Vitamin B1: 0.04mg (2.62%), Vitamin K: 2.35µg (2.24%), Folate: 7.22µg (1.8%), Vitamin B12: 0.09µg (1.48%), Vitamin C: 1.17mg (1.41%)