



Cranberry and Almond Rice Pilaf



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



206 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup cranberries dried
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 2 green onions 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

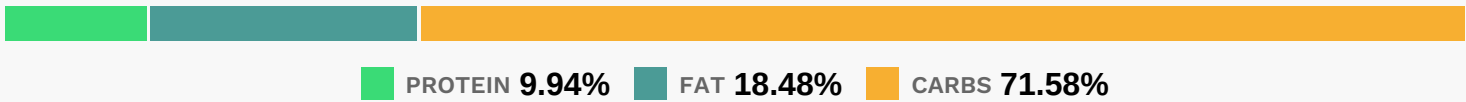
Equipment

- ☐ 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:24.27, Glycemic Load:17.09, Inflammation Score:-2, Nutrition Score:5.6260869425276%

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: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 206.36kcal (10.32%), Fat: 4.3g (6.62%), Saturated Fat: 0.61g (3.79%), Carbohydrates: 37.49g (12.5%), Net Carbohydrates: 35.85g (13.04%), Sugar: 6.51g (7.23%), Cholesterol: 0mg (0%), Sodium: 320.59mg (13.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.41%), Manganese: 0.51mg (25.64%), Vitamin B3: 1.97mg (9.84%), Vitamin E: 1.34mg (8.92%), Phosphorus: 88.97mg (8.9%), Copper: 0.17mg (8.56%), Vitamin K: 8.56µg (8.15%), Selenium: 5.52µg (7.89%), Fiber: 1.64g (6.55%), Vitamin B2: 0.09mg (5.35%), Magnesium: 21.29mg (5.32%), Potassium: 176.82mg (5.05%), Vitamin B6: 0.09mg (4.68%), Zinc: 0.62mg (4.13%), Vitamin B5: 0.41mg (4.07%), Iron: 0.72mg (3.99%), Calcium: 29.36mg (2.94%), Vitamin B1: 0.04mg (2.73%), Folate: 9.14µg (2.29%), Vitamin C: 1.73mg (2.1%), Vitamin B12: 0.09µg (1.48%)