



## Cranberry and Orange Wild Rice

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



372 kcal

SIDE DISH

### Ingredients

- 0.5 cup almonds sliced
- 0.5 cup cranberries dried
- 1 cup orange juice fresh
- 1 orange zest
- 1 tablespoon butter unsalted
- 1.3 cups water
- 8 ounce rice long-grain wild (recommended: Uncle Ben's)

### Equipment

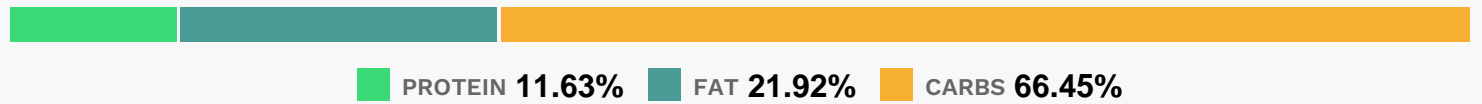
bowl

pot

## Directions

- Put cranberries in a medium bowl and pour in enough hot tap water to cover. Set aside while you make the rice.
- In a medium pot over medium-high heat, add the water, orange juice, and butter, and bring to a boil. Stir in the rice, and the included contents of the seasoning packet, and return to a boil. Turn the heat to low, cover, and cook until the rice is tender, about 20 to 25 minutes.
- Drain the cranberries and add them to the rice along with the orange zest, and almonds. Gently stir them in, fluffing the rice.
- Transfer the rice to a serving bowl, cover and keep warm until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:29.5, Glycemic Load:25.21, Inflammation Score:-7, Nutrition Score:17.119565246222%

## Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.38mg, Naringenin: 1.38mg, Naringenin: 1.38mg, Naringenin: 1.38mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

## Nutrients (% of daily need)

Calories: 371.57kcal (18.58%), Fat: 9.48g (14.59%), Saturated Fat: 2.35g (14.7%), Carbohydrates: 64.7g (21.57%), Net Carbohydrates: 58.5g (21.27%), Sugar: 18.13g (20.14%), Cholesterol: 7.53mg (2.51%), Sodium: 9.63mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.32g (22.65%), Manganese: 1.07mg (53.26%), Vitamin C: 35.11mg (42.56%), Magnesium: 140.3mg (35.08%), Phosphorus: 314.04mg (31.4%), Vitamin E: 3.84mg (25.6%), Zinc: 3.8mg (25.35%), Fiber: 6.2g (24.79%), Copper: 0.47mg (23.38%), Vitamin B3: 4.59mg (22.97%), Folate: 78.53µg

(19.63%), Vitamin B2: 0.31mg (18.02%), Vitamin B6: 0.27mg (13.67%), Potassium: 465.02mg (13.29%), Vitamin B1: 0.15mg (10.02%), Iron: 1.75mg (9.7%), Vitamin B5: 0.83mg (8.32%), Calcium: 58.91mg (5.89%), Vitamin A: 234.95IU (4.7%), Selenium: 2.28µg (3.25%), Vitamin K: 2.54µg (2.42%)