



## Cranberry-Pecan Pilau

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



270 kcal

SIDE DISH

### Ingredients

- 14 oz pecan brown rice wild
- 0.3 cup butter
- 0.3 cup cooking sherry dry
- 0.5 cup flat-leaf parsley fresh chopped
- 1 teaspoon orange zest
- 1 cup pecans coarsely chopped
- 1 pound shallots quartered
- 0.7 cup cranberries dried sweetened

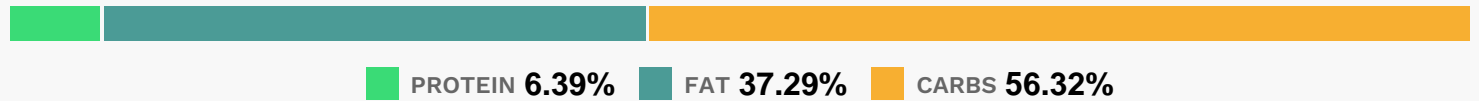
# Equipment

- frying pan

# Directions

- Heat pecans in small nonstick skillet over medium-low heat, stirring often, 5 to 7 minutes or until pecans are toasted and fragrant.
- Prepare rice according to package directions.
- Meanwhile, melt butter in a large skillet over medium-high heat; add shallots, and saut 2 minutes. Reduce heat to medium-low, and saut 10 minutes or until golden brown and tender.
- Add cranberries and next 2 ingredients, and saut 3 minutes or until liquid is absorbed. Stir shallot mixture, toasted pecans, and parsley into hot cooked rice.
- Note: Konriko Wild Pecan Brown Rice from Louisiana is one of our favorites. Find it in the supermarket or order directly from konriko.com.

# Nutrition Facts



# Properties

Glycemic Index:16.31, Glycemic Load:15.77, Inflammation Score:-6, Nutrition Score:12.61739116648%

# Flavonoids

Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg, Cyanidin: 1.02mg Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

# Nutrients (% of daily need)

Calories: 269.52kcal (13.48%), Fat: 11.39g (17.53%), Saturated Fat: 3.19g (19.91%), Carbohydrates: 38.71g (12.9%), Net Carbohydrates: 35.05g (12.75%), Sugar: 8.3g (9.22%), Cholesterol: 10.17mg (3.39%), Sodium: 38.26mg (1.66%), Alcohol: 0.51g (100%), Alcohol %: 0.66% (100%), Protein: 4.39g (8.78%), Manganese: 1.78mg (89.24%), Vitamin K: 42.48µg (40.46%), Magnesium: 68.38mg (17.09%), Vitamin B6: 0.33mg (16.28%), Vitamin B1: 0.22mg (14.86%), Fiber: 3.66g (14.65%), Phosphorus: 139.22mg (13.92%), Copper: 0.24mg (12.11%), Zinc: 1.27mg (8.5%), Vitamin B3: 1.69mg (8.43%), Iron: 1.48mg (8.2%), Vitamin C: 6.69mg (8.11%), Potassium: 274.32mg (7.84%), Vitamin B5: 0.71mg (7.15%), Vitamin A: 336.08IU (6.72%), Folate: 25.51µg (6.38%), Calcium: 37.17mg (3.72%), Vitamin E: 0.41mg (2.75%), Vitamin B2: 0.04mg (2.38%), Selenium: 0.9µg (1.28%)