



Cranberry Rice Pilaf

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



358 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons almonds toasted sliced
- 1.5 cups brown rice uncooked minute®
- 1 tablespoon butter
- 1 cup chicken broth
- 0.5 cup cranberries fresh thawed
- 0.5 cup orange juice
- 2 tablespoons sugar

Equipment

sauce pan

Directions

In a large saucepan, bring the broth, orange juice and sugar to a boil. Stir in the rice, cranberries and butter. Reduce heat; cover and cook for 5–8 minutes or until water is absorbed.

Remove from the heat and let stand for 5 minutes.

Sprinkle with almonds.

Nutrition Facts

 **PROTEIN 7.85%**  **FAT 18.62%**  **CARBS 73.53%**

Properties

Glycemic Index:71.46, Glycemic Load:36.81, Inflammation Score:-6, Nutrition Score:14.643912967132%

Flavonoids

Cyanidin: 5.93mg, Cyanidin: 5.93mg, Cyanidin: 5.93mg, Cyanidin: 5.93mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 358.3kcal (17.91%), Fat: 7.46g (11.48%), Saturated Fat: 2.39g (14.92%), Carbohydrates: 66.31g (22.1%), Net Carbohydrates: 62.75g (22.82%), Sugar: 9.6g (10.66%), Cholesterol: 8.7mg (2.9%), Sodium: 243.99mg (10.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.08g (14.17%), Manganese: 2.86mg (142.89%), Magnesium: 120.21mg (30.05%), Vitamin B1: 0.35mg (23.1%), Phosphorus: 221.99mg (22.2%), Vitamin C: 17.25mg (20.91%), Vitamin B6: 0.39mg (19.46%), Vitamin B3: 3.52mg (17.59%), Fiber: 3.56g (14.24%), Copper: 0.28mg (13.94%), Vitamin B5: 1.19mg (11.92%), Zinc: 1.67mg (11.11%), Vitamin E: 1.56mg (10.41%), Iron: 1.6mg (8.91%), Potassium: 311.14mg

(8.89%), Vitamin B2: 0.14mg (8.03%), Folate: 25.98µg (6.49%), Calcium: 44.62mg (4.46%), Vitamin A: 158.19IU (3.16%)