



Cranberry Rice Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



7

CALORIES



181 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.7 cup brown rice long-grain uncooked
- 8 ounce water chestnuts drained sliced coarsely chopped canned
- 3 tablespoons cider vinegar
- 0.3 teaspoon pepper red crushed
- 0.5 cup cranberries dried (such as Craisins)
- 1 teaspoon ginger fresh grated peeled
- 0.5 cup green onions chopped
- 3 tablespoons soya sauce low-sodium

- 1 teaspoon orange rind grated
- 0.3 cup pecans chopped
- 3 tablespoons sugar
- 1.5 cups water

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan

Directions

- Place water in a small saucepan; bring to a boil.
- Add rice; cover, reduce heat, and cook over medium-low heat 30 minutes or until liquid is absorbed.
- Place rice on a baking sheet in a thin layer; let stand 5 to 10 minutes or until completely cooled.
- Meanwhile, place a medium nonstick skillet over medium-high heat; add pecans, and cook 3 minutes, stirring frequently, until lightly browned.
- Remove from heat and set aside.
- Combine rice, water chestnuts, and next 8 ingredients in a large bowl; stir in pecans, and toss gently.

Nutrition Facts



Properties

Glycemic Index:32.26, Glycemic Load:11.49, Inflammation Score:-3, Nutrition Score:7.5760869409727%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 181.36kcal (9.07%), Fat: 4.41g (6.78%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 34.14g (11.38%), Net Carbohydrates: 31.01g (11.28%), Sugar: 13.1g (14.56%), Cholesterol: 0mg (0%), Sodium: 257.17mg (11.18%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.07g (6.13%), Manganese: 1.04mg (52.23%), Vitamin K: 15.8µg (15.05%), Fiber: 3.13g (12.52%), Magnesium: 42.38mg (10.59%), Vitamin B6: 0.2mg (10.22%), Copper: 0.19mg (9.42%), Phosphorus: 87.47mg (8.75%), Vitamin B1: 0.12mg (8.19%), Iron: 1.16mg (6.45%), Vitamin B3: 1.2mg (5.99%), Zinc: 0.9mg (5.97%), Potassium: 185.47mg (5.3%), Vitamin B5: 0.44mg (4.35%), Vitamin E: 0.6mg (4.02%), Folate: 15.4µg (3.85%), Vitamin B2: 0.05mg (3.14%), Vitamin C: 2.47mg (2.99%), Calcium: 22.29mg (2.23%), Vitamin A: 96.5IU (1.93%), Selenium: 0.74µg (1.06%)