



Cranberry-Walnut Rice

READY IN



25 min.

SERVINGS



6

CALORIES



332 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 2.7 cups chicken stock see
- 0.5 cup orzo pasta
- 4 scallions thinly sliced
- 0.3 cup walnut pieces toasted
- 1.5 cups rice long-grain white

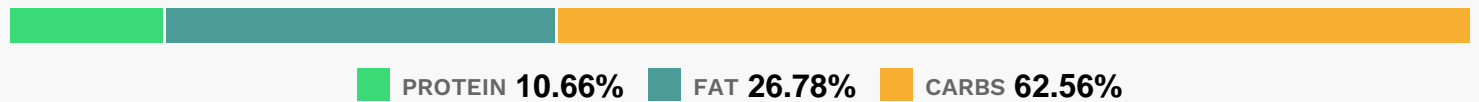
Equipment

- pot

Directions

- Watch how to make this recipe.
- Heat the butter over medium heat in a saucepot.
- Add the orzo and toast until golden. Stir in the rice, add the stock and cranberries. Bring to a boil, and then reduce heat to simmer. Cover and cook until tender, 15 to 18 minutes. Fluff the rice and combine with walnuts and scallions to serve.

Nutrition Facts



Properties

Glycemic Index:34.2, Glycemic Load:26.22, Inflammation Score:-3, Nutrition Score:9.130869652914%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 332.12kcal (16.61%), Fat: 9.81g (15.1%), Saturated Fat: 3.26g (20.37%), Carbohydrates: 51.56g (17.19%), Net Carbohydrates: 49.91g (18.15%), Sugar: 2.43g (2.7%), Cholesterol: 13.23mg (4.41%), Sodium: 187.01mg (8.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.79g (17.58%), Manganese: 0.85mg (42.63%), Selenium: 17.64µg (25.21%), Vitamin K: 17.33µg (16.51%), Copper: 0.31mg (15.27%), Vitamin B3: 2.75mg (13.77%), Phosphorus: 132.18mg (13.22%), Vitamin B6: 0.2mg (9.93%), Magnesium: 34.42mg (8.6%), Vitamin B2: 0.14mg (8.15%), Vitamin B1: 0.11mg (7.18%), Zinc: 1.07mg (7.11%), Potassium: 244.93mg (7%), Fiber: 1.64g (6.58%), Iron: 1.07mg (5.92%), Folate: 22.91µg (5.73%), Vitamin B5: 0.57mg (5.71%), Vitamin A: 200.88IU (4.02%), Calcium: 32.03mg (3.2%), Vitamin C: 1.8mg (2.18%), Vitamin E: 0.29mg (1.96%)