



## Cranberry-Wild Rice Bake

 Gluten Free  Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



143 kcal

SIDE DISH

### Ingredients

- 1 cup rice wild uncooked
- 2.5 cups water
- 1 tablespoon butter
- 0.5 cup onion chopped
- 1 cup mushrooms sliced
- 2.5 cups chicken broth (from 32-ounce carton)
- 0.3 teaspoon salt
- 2 cloves garlic finely chopped

1 cup cranberries dried

## Equipment

frying pan

sauce pan

oven

sieve

baking pan

## Directions

Heat oven to 350°. Grease square baking dish, 8x8x2 inches.

Place wild rice in wire strainer. Run cold water through rice, lifting rice with fingers to clean thoroughly.

Heat wild rice and water to boiling in 2-quart saucepan, stirring occasionally; reduce heat to low. Cover and simmer 30 minutes; drain.

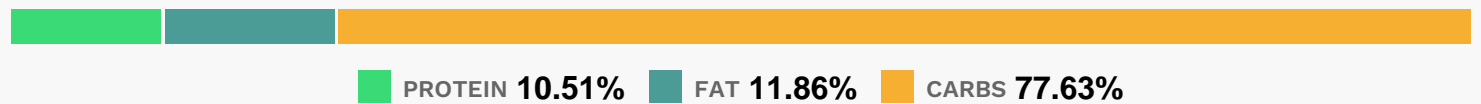
Melt butter in 10-inch skillet over medium heat. Cook onion and mushrooms in butter, stirring occasionally, until onion is tender.

Mix wild rice and onion mixture in baking dish.

Mix broth, salt and garlic; pour over rice mixture.

Cover and bake 1 1/4 hours. Stir in cranberries. Cover and bake 15 to 20 minutes or until liquid is absorbed.

## Nutrition Facts



## Properties

Glycemic Index:18.13, Glycemic Load:8.06, Inflammation Score:-3, Nutrition Score:5.5217390319575%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg

Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

## Nutrients (% of daily need)

Calories: 142.81kcal (7.14%), Fat: 2g (3.07%), Saturated Fat: 0.36g (2.23%), Carbohydrates: 29.44g (9.81%), Net Carbohydrates: 27.09g (9.85%), Sugar: 12.48g (13.87%), Cholesterol: 1.47mg (0.49%), Sodium: 368.61mg (16.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.97%), Manganese: 0.37mg (18.55%), Phosphorus: 105.52mg (10.55%), Vitamin B3: 2.04mg (10.2%), Magnesium: 39.8mg (9.95%), Fiber: 2.35g (9.4%), Copper: 0.18mg (9.08%), Zinc: 1.35mg (9.03%), Vitamin B2: 0.15mg (8.96%), Vitamin B6: 0.12mg (5.89%), Folate: 22.98µg (5.74%), Potassium: 162.56mg (4.64%), Vitamin B5: 0.45mg (4.52%), Vitamin E: 0.57mg (3.8%), Vitamin B1: 0.06mg (3.76%), Iron: 0.6mg (3.32%), Selenium: 2.22µg (3.17%), Vitamin C: 1.26mg (1.53%), Calcium: 15.31mg (1.53%), Vitamin K: 1.58µg (1.51%), Vitamin A: 68.13IU (1.36%)