



Harvest Rice Dish



Vegetarian



Gluten Free

READY IN



105 min.

SERVINGS



6

CALORIES



306 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup brown rice uncooked
- ☐ 1 tablespoon brown sugar
- ☐ 3 tablespoons butter
- ☐ 2 cups chicken broth
- ☐ 1 cup cranberries dried
- ☐ 0.7 cup mushrooms fresh sliced
- ☐ 3 onions sliced into 1/2 inch wedges
- ☐ 0.5 teaspoon orange zest

- ☐ 6 servings salt and pepper to taste
- ☐ 0.5 cup slivered almonds
- ☐ 0.5 cup rice wild uncooked

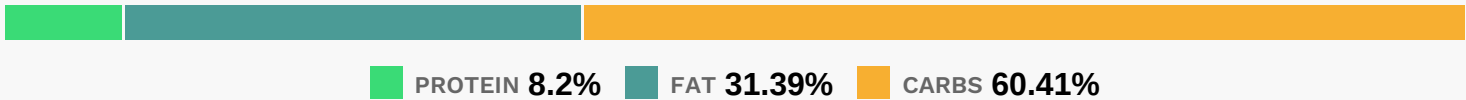
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan

Directions

- ☐ Place almonds on an ungreased baking sheet. Toast at 350 degrees F (175 degrees C) for 5 to 8 minutes.
- ☐ Mix broth, brown rice, and wild rice in a medium saucepan, and bring to boil. Reduce heat to low, cover, and simmer 45 minutes, until rice is tender and broth is absorbed.
- ☐ In medium skillet, melt butter over medium-high heat.
- ☐ Add onions and brown sugar.
- ☐ Saute until butter is absorbed and onions are translucent and soft. Reduce heat, and cook onions for another 20 minutes, until they are caramelized.
- ☐ Stir cranberries and mushrooms into the skillet. Cover, and cook 10 minutes or until berries start to swell. Stir in almonds and orange zest, then fold the mixture into the cooked rice. Salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:38.96, Glycemic Load:13.19, Inflammation Score:-6, Nutrition Score:11.31608707555%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin:

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Nutrients (% of daily need)

Calories: 306.25kcal (15.31%), Fat: 11.21g (17.25%), Saturated Fat: 4.1g (25.64%), Carbohydrates: 48.56g (16.19%), Net Carbohydrates: 43.94g (15.98%), Sugar: 20.22g (22.46%), Cholesterol: 16.62mg (5.54%), Sodium: 535.38mg (23.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.19%), Manganese: 1.14mg (57.14%), Vitamin E: 3.04mg (20.29%), Magnesium: 78.95mg (19.74%), Fiber: 4.62g (18.48%), Phosphorus: 174.49mg (17.45%), Vitamin B2: 0.26mg (15.09%), Copper: 0.29mg (14.38%), Vitamin B3: 2.64mg (13.22%), Vitamin B6: 0.23mg (11.56%), Zinc: 1.63mg (10.85%), Vitamin B1: 0.15mg (10.18%), Potassium: 308.29mg (8.81%), Folate: 32.34µg (8.08%), Vitamin B5: 0.71mg (7.11%), Iron: 1.2mg (6.67%), Vitamin C: 4.56mg (5.53%), Calcium: 53.88mg (5.39%), Selenium: 2.54µg (3.63%), Vitamin A: 180.92IU (3.62%), Vitamin K: 2.5µg (2.38%)