



Jewelled wild rice with almonds



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



585 kcal

SIDE DISH

Ingredients

- ☐ 25 g olive oil
- ☐ 1 large onion chopped
- ☐ 500 g brown rice wild
- ☐ 100 g cranberries dried
- ☐ 1 l vegetable stock
- ☐ 2 bay leaves
- ☐ 1 large thyme leaves
- ☐ 1 small flat parsley chopped

- ☐ 50 g almonds flaked toasted
- ☐ 0.5 orange zest finely grated
- ☐ 6 servings olive oil
- ☐ 6 servings juice of lemon

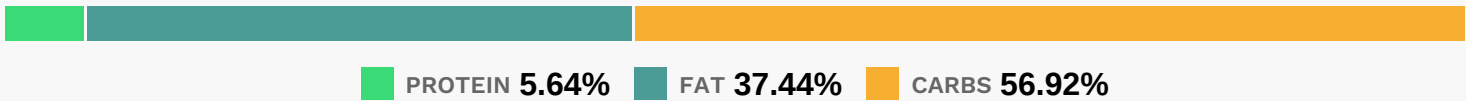
Equipment

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Heat the butter or oil in a flameproof casserole dish and gently cook the onion for 15 mins until just starting to turn golden.
- ☐ Add the rice and cranberries, and stir a few times until coated. Season well and pour over the stock.
- ☐ Float the bay leaves and thyme on top of the stock, and put a circle of baking parchment on top of that. Cover with a lid and put in the oven for 45 mins until the rice is tender. Stir through the parsley, almonds and orange zest.
- ☐ Serve hot, or leave to go cold and serve as a salad, dressed with olive oil and lemon juice.

Nutrition Facts



Properties

Glycemic Index:36.29, Glycemic Load:37.18, Inflammation Score:-8, Nutrition Score:17.878260990848%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg 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: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.47mg, Isorhamnetin: 1.47mg, Isorhamnetin: 1.47mg, Isorhamnetin: 1.47mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg

Nutrients (% of daily need)

Calories: 584.72kcal (29.24%), Fat: 24.81g (38.17%), Saturated Fat: 3.3g (20.65%), Carbohydrates: 84.89g (28.3%), Net Carbohydrates: 79.52g (28.92%), Sugar: 15.31g (17.01%), Cholesterol: 0mg (0%), Sodium: 668.1mg (29.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.4g (16.81%), Manganese: 3.39mg (169.68%), Magnesium: 146.34mg (36.59%), Vitamin E: 5.13mg (34.2%), Phosphorus: 270.39mg (27.04%), Vitamin B1: 0.38mg (25.33%), Vitamin B6: 0.48mg (24.09%), Fiber: 5.37g (21.49%), Vitamin B3: 4.04mg (20.2%), Copper: 0.34mg (17.08%), Vitamin K: 15.04µg (14.32%), Vitamin B5: 1.38mg (13.76%), Zinc: 2.02mg (13.46%), Iron: 2.1mg (11.68%), Vitamin C: 9.55mg (11.58%), Potassium: 348.95mg (9.97%), Vitamin B2: 0.15mg (8.62%), Vitamin A: 382.32IU (7.65%), Folate: 28.77µg (7.19%), Calcium: 61.04mg (6.1%)