



Nutty Wild Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



222 kcal

SIDE DISH

Ingredients

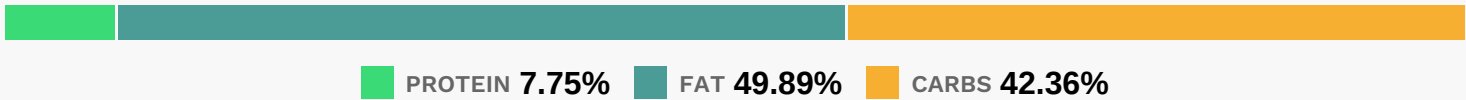
- ☐ 1 cup cherries dried
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 4 green onions chopped
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup orange juice fresh (1 orange)
- ☐ 1 cup pecan halves toasted
- ☐ 0.3 teaspoon pepper
- ☐ 6 ounce rice mix long-grain wild

Equipment

Directions

- ☐
- Prepare rice according to package directions.
- ☐
- Add dried cherries and next 5 ingredients; toss. Cover and chill at least 2 hours; top with toasted pecan halves before serving.

Nutrition Facts



Properties

Glycemic Index:18.2, Glycemic Load:7.1, Inflammation Score:-5, Nutrition Score:7.5560869444972%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 221.5kcal (11.07%), Fat: 12.75g (19.61%), Saturated Fat: 1.39g (8.69%), Carbohydrates: 24.35g (8.12%), Net Carbohydrates: 20.97g (7.63%), Sugar: 7.9g (8.78%), Cholesterol: 0mg (0%), Sodium: 4.41mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.92%), Manganese: 0.7mg (34.93%), Fiber: 3.38g (13.52%), Vitamin K: 13.95µg (13.28%), Magnesium: 44.84mg (11.21%), Copper: 0.22mg (10.98%), Vitamin A: 546.22IU (10.92%), Phosphorus: 105.07mg (10.51%), Zinc: 1.5mg (9.98%), Vitamin E: 1.09mg (7.24%), Vitamin B3: 1.34mg (6.68%), Vitamin C: 5.46mg (6.62%), Vitamin B1: 0.1mg (6.39%), Folate: 25.04µg (6.26%), Iron: 0.95mg (5.3%), Vitamin B6: 0.09mg (4.75%), Potassium: 149.41mg (4.27%), Vitamin B2: 0.07mg (3.91%), Vitamin B5: 0.29mg (2.92%), Calcium: 28.48mg (2.85%), Selenium: 0.89µg (1.27%)