



 **2%**  
HEALTH SCORE

## Pecan Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



53 min.

SERVINGS



8

CALORIES



173 kcal

SIDE DISH

## Ingredients

- 1.3 cups brown rice (such as Lundberg)
- 1.5 tablespoons canola oil
- 5 tablespoons orange juice fresh ()
- 1 teaspoon orange zest grated
- 3 tablespoons pecans toasted chopped
- 0.8 teaspoon salt divided
- 0.3 cup cranberries dried sweetened
- 2.5 cups water

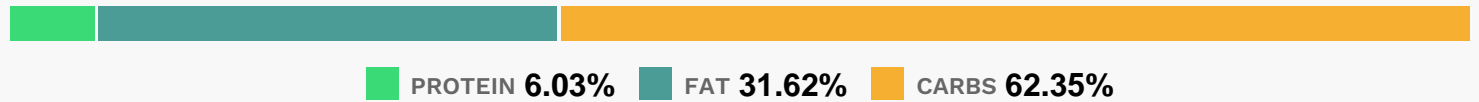
# Equipment

- bowl
- sauce pan

# Directions

- Combine water, rice, and 1/4 teaspoon salt in a medium saucepan. Bring to a boil; cover, reduce heat, and simmer 43 to 45 minutes or until rice is tender and liquid is almost absorbed.
- Combine orange juice, rind, oil, and remaining 1/2 teaspoon salt in a small bowl. Gently stir into rice mixture. Stir in cranberries and pecans.

# Nutrition Facts



# Properties

Glycemic Index:15.09, Glycemic Load:13.27, Inflammation Score:-3, Nutrition Score:7.0521738581035%

# Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

# Nutrients (% of daily need)

Calories: 173.28kcal (8.66%), Fat: 6.18g (9.51%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 27.44g (9.15%), Net Carbohydrates: 25.82g (9.39%), Sugar: 3.79g (4.21%), Cholesterol: 0mg (0%), Sodium: 223.2mg (9.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.31%), Manganese: 1.29mg (64.6%), Magnesium: 49.11mg (12.28%), Vitamin B1: 0.16mg (10.51%), Phosphorus: 90.92mg (9.09%), Vitamin B6: 0.17mg (8.26%), Copper: 0.15mg (7.33%), Vitamin B3: 1.39mg (6.94%), Vitamin C: 5.7mg (6.91%), Fiber: 1.62g (6.47%), Zinc: 0.79mg (5.25%), Vitamin B5: 0.51mg (5.05%), Vitamin E: 0.6mg (3.98%), Iron: 0.67mg (3.72%), Potassium: 118.62mg (3.39%), Folate: 10.02µg

(2.51%), Vitamin K: 2.3 $\mu$ g (2.19%), Calcium: 16.69mg (1.67%), Vitamin B2: 0.02mg (1.3%)