



## Pecan Wild Rice

 Vegetarian  Gluten Free

READY IN



28 min.

SERVINGS



6

CALORIES



174 kcal

SIDE DISH

### Ingredients

- 2 teaspoons butter
- 1.3 cups chicken broth
- 0.3 cup parsley fresh chopped
- 0.5 cup golden raisins
- 4 green onions thinly sliced
- 1 tablespoon olive oil
- 0.3 cup orange juice fresh
- 1 teaspoon orange rind grated

- 0.3 cup pecans toasted chopped
- 0.3 teaspoon pepper
- 2.8 oz quick-cooking rice wild
- 0.3 teaspoon salt

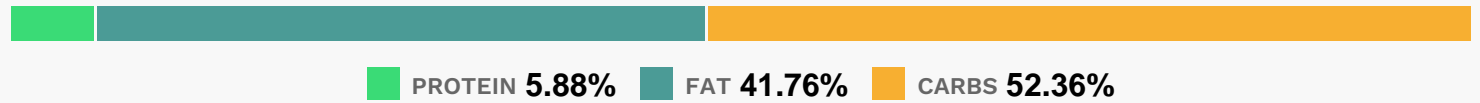
## Equipment

- sauce pan

## Directions

- Bring first 3 ingredients to a boil in a medium saucepan.
- Add rice; cover, reduce heat, and simmer 5 minutes or until rice is tender.
- Drain off excess liquid. Fluff with a fork.
- Add green onions and remaining ingredients; toss gently to combine.

## Nutrition Facts



## Properties

Glycemic Index:44.11, Glycemic Load:6.08, Inflammation Score:-5, Nutrition Score:8.9091303853885%

## Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

## Nutrients (% of daily need)

Calories: 173.61kcal (8.68%), Fat: 8.4g (12.92%), Saturated Fat: 1.61g (10.05%), Carbohydrates: 23.69g (7.9%), Net Carbohydrates: 22.01g (8%), Sugar: 8.99g (9.99%), Cholesterol: 4.63mg (1.54%), Sodium: 307mg (13.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.32%), Vitamin K: 59.88µg (57.03%), Manganese: 0.49mg (24.57%), Vitamin C: 12.62mg (15.3%), Vitamin B1: 0.19mg (12.78%), Folate: 50.64µg (12.66%), Iron: 1.55mg (8.61%), Copper: 0.17mg (8.26%), Selenium: 5.45µg (7.78%), Vitamin A: 365.86IU (7.32%), Vitamin B3: 1.37mg (6.84%), Fiber: 1.69g (6.74%), Phosphorus: 55.44mg (5.54%), Potassium: 193.62mg (5.53%), Vitamin B2: 0.08mg (4.67%), Magnesium: 18.51mg (4.63%), Vitamin B6: 0.08mg (4.06%), Zinc: 0.6mg (4.03%), Vitamin E: 0.57mg (3.8%), Calcium: 27.71mg (2.77%), Vitamin B5: 0.18mg (1.77%)