



 **62%**
HEALTH SCORE

Red Rice with Spinach and Dried Cherries



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



55 min.

SERVINGS



6

CALORIES



269 kcal

SIDE DISH

Ingredients

- 10 ounce baby spinach
- 0.5 cup cherries dried
- 1.5 teaspoons ginger grated peeled
- 1 juice of orange
- 6 servings kosher salt
- 2 tablespoons olive oil extra-virgin
- 6 servings pepper freshly ground
- 1.5 cups rice red

- 1 pinch sugar
- 1 large onion white halved thinly sliced

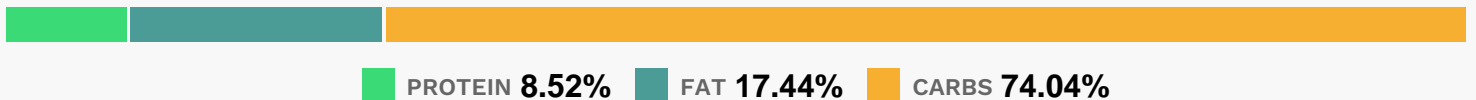
Equipment

- frying pan
- sauce pan

Directions

- Combine the red rice, 3 cups water and 1/2 teaspoon salt in a medium saucepan. Cover and bring to a simmer over medium heat. Reduce the heat to medium low and cook until the rice is tender, about 45 minutes. (
 - Drain any excess water.)
 - Meanwhile, heat the olive oil in a large deep skillet over medium-high heat.
 - Add the onion; sprinkle with the sugar and season with salt and pepper. Cook, stirring, until the onion is soft, about 5 minutes.
 - Add the ginger and dried cherries; cook, stirring, until the onion is golden brown, about 7 more minutes.
 - Stir the prepared rice into the onion mixture.
 - Add the baby spinach and orange juice and stir until the spinach is just wilted, about 1 minute. Season with salt and pepper.
- Photograph by Linda Pug

Nutrition Facts



Properties

Glycemic Index:48.21, Glycemic Load:23.66, Inflammation Score:-10, Nutrition Score:18.674782462742%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin:

0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 3.18mg, Kaempferol: 3.18mg, Kaempferol: 3.18mg, Kaempferol: 3.18mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg

Nutrients (% of daily need)

Calories: 268.85kcal (13.44%), Fat: 5.21g (8.01%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 49.75g (16.58%), Net Carbohydrates: 46.68g (16.98%), Sugar: 7.56g (8.4%), Cholesterol: 0mg (0%), Sodium: 236.33mg (10.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.45%), Vitamin K: 231.34µg (220.33%), Vitamin A: 4810.19IU (96.2%), Manganese: 0.98mg (48.75%), Folate: 103.19µg (25.8%), Vitamin C: 20.15mg (24.43%), Magnesium: 52.88mg (13.22%), Fiber: 3.07g (12.29%), Vitamin E: 1.69mg (11.29%), Selenium: 7.6µg (10.86%), Potassium: 376.83mg (10.77%), Iron: 1.93mg (10.71%), Vitamin B6: 0.2mg (10.15%), Copper: 0.18mg (9%), Phosphorus: 85.62mg (8.56%), Calcium: 76.36mg (7.64%), Vitamin B2: 0.12mg (7.18%), Vitamin B1: 0.09mg (6%), Vitamin B3: 1.16mg (5.78%), Vitamin B5: 0.55mg (5.52%), Zinc: 0.81mg (5.37%)