



## Slow-Cooker Wild Rice with Cranberries

 **Gluten Free**  **Dairy Free**

READY IN



**330 min.**

SERVINGS



**6**

CALORIES



**245 kcal**

SIDE DISH

### Ingredients

- 1.5 cups rice wild uncooked
- 1 tablespoon butter melted
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 0.3 cup spring onion sliced
- 28 ounces vegetable stock canned
- 4 ounces mushrooms undrained sliced canned
- 0.5 cup slivered almonds

0.3 cup cranberries dried

## Equipment

frying pan

slow cooker

## Directions

In 2- to 3 1/2-quart slow cooker, mix all ingredients except almonds and cranberries.

Cover and cook on low heat setting 4 to 5 hours or until wild rice is tender.

In ungreased heavy skillet, cook almonds over medium-low heat 5 to 7 minutes, stirring frequently until browning begins, then stirring constantly until golden brown and fragrant; set aside. Stir almonds and cranberries into rice mixture. Cover and cook on low heat setting 15 minutes.

## Nutrition Facts

 **PROTEIN 12.84%**  **FAT 24.25%**  **CARBS 62.91%**

## Properties

Glycemic Index:29.17, Glycemic Load:16.31, Inflammation Score:-6, Nutrition Score:11.56913038084%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

## Nutrients (% of daily need)

Calories: 245.31kcal (12.27%), Fat: 6.94g (10.68%), Saturated Fat: 0.81g (5.06%), Carbohydrates: 40.52g (13.51%), Net Carbohydrates: 35.97g (13.08%), Sugar: 7.94g (8.83%), Cholesterol: 0mg (0%), Sodium: 829.22mg (36.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.27g (16.54%), Manganese: 0.79mg (39.46%), Magnesium:

99.26mg (24.81%), Phosphorus: 231.71mg (23.17%), Vitamin E: 2.87mg (19.14%), Zinc: 2.83mg (18.84%), Fiber: 4.54g (18.18%), Copper: 0.36mg (17.78%), Vitamin B3: 3.38mg (16.9%), Vitamin B2: 0.22mg (12.8%), Folate: 46.93µg (11.73%), Vitamin K: 10.03µg (9.56%), Vitamin B6: 0.19mg (9.29%), Vitamin A: 414.95IU (8.3%), Potassium: 278.08mg (7.95%), Iron: 1.36mg (7.58%), Vitamin B5: 0.65mg (6.46%), Vitamin B1: 0.08mg (5.6%), Calcium: 39.48mg (3.95%), Selenium: 2.33µg (3.33%)