

Wild-Rice Pilaf with Cranberries and Pecans

Yield: 6 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-carrot-side-dish-recipe>

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 shallot finely chopped, 1/4 cup
- 1 cup wild rice
- 3 cups store bought low sodium chicken stock or homemade
- 1/2 cup pecans
- 1/4 cup dried cranberries
- 1/4 cup golden raisins coarsely chopped
- 2 tablespoons fresh flat leaf parsley chopped
- freshly ground pepper
- coarse salt

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 31 grams
3. Fat: 14 grams
4. Fiber: 4 grams
5. Protein: 6 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 135 milligrams
8. Sugar: 5 grams

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