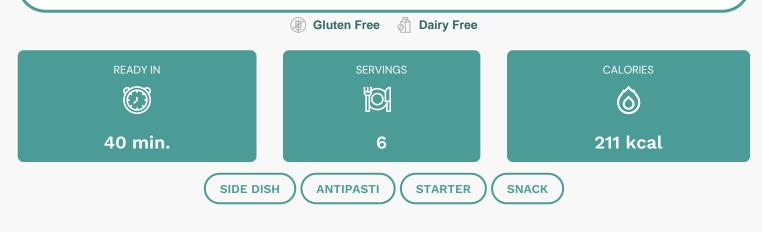


Asian Wild Rice Salad



Ingredients

1 large carrots grated
6 oz chicken breast half boneless skinless cut into 1-inch pieces
1 teaspoon dijon mustard
1.8 cups chicken broth low-sodium
1 onion chopped
6 oz rice mix long grain wild
2 tablespoons rice wine vinegar
0.3 teaspoon salt

	2 teaspoons sesame oil	
	1 cup snow peas trimmed	
	1 tablespoon vegetable oil	
	8 water chestnuts quartered	
	4 button mushrooms white trimmed quartered	
Equipment		
	bowl	
	frying pan	
	whisk	
	pot	
Directions		
	Warm sesame oil and 1 Tbsp. vegetable oil in a skillet over medium-high heat.	
	Add onion and cook, stirring, until softened, 3 minutes. Stir in mushrooms, chicken and rice mix.	
	Pour in broth and increase heat to high. Bring to a boil, then reduce heat to medium-low. Cover and cook until rice is tender and liquid is absorbed, 25 minutes.	
	Transfer to a bowl; let cool.	
	In a large bowl, whisk vinegar, salt and mustard until salt is dissolved. Slowly whisk in remaining vegetable oil until blended.	
	Bring a large pot of salted water to a boil; add snow peas. Bring back to a boil; cook until peas are tender, 1 minute.	
	Drain; rinse under cold water. Pat dry.	
	Add chicken and rice mixture to bowl with dressing. Toss with snow peas, carrots and water chestnuts.	
	Serve at room temperature.	

Nutrition Facts

Properties

Glycemic Index:41.5, Glycemic Load:14.5, Inflammation Score:-9, Nutrition Score:11.15000010055%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.01mg, Myricetin: 0.01mg, My

Nutrients (% of daily need)

Calories: 210.99kcal (10.55%), Fat: 5.1g (7.84%), Saturated Fat: 0.9g (5.62%), Carbohydrates: 30.24g (10.08%), Net Carbohydrates: 28.19g (10.25%), Sugar: 2.84g (3.15%), Cholesterol: 18.14mg (6.05%), Sodium: 172.81mg (7.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.79g (21.58%), Vitamin A: 2191.73IU (43.83%), Vitamin B3: 5.14mg (25.7%), Selenium: 15.25µg (21.78%), Manganese: 0.42mg (21.23%), Vitamin B6: 0.37mg (18.65%), Vitamin C: 12.71mg (15.41%), Phosphorus: 146.94mg (14.69%), Vitamin B5: 1.1mg (10.96%), Potassium: 359.16mg (10.26%), Vitamin K: 10.22µg (9.74%), Copper: 0.19mg (9.58%), Vitamin B2: 0.15mg (8.61%), Fiber: 2.05g (8.21%), Iron: 1.13mg (6.26%), Magnesium: 24.9mg (6.23%), Vitamin B1: 0.09mg (6.21%), Zinc: 0.79mg (5.26%), Folate: 19.37µg (4.84%), Vitamin E: 0.53mg (3.52%), Calcium: 29.29mg (2.93%), Vitamin B12: 0.13µg (2.18%)