



## Asian Wild Rice Salad



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



211 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## 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



 **PROTEIN 20.55%**  **FAT 21.85%**  **CARBS 57.6%**

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: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

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: 0g (0%), Alcohol %: 0% (0%), 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%)