



## Bellepepper's Orzo and Wild Rice Salad

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



331 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tablespoons cider vinegar
- 2 cups orzo pasta cooked
- 0.5 cup rice wild cooked
- 0.5 cup currants dried
- 0.3 cup parsley fresh chopped
- 0.5 cup regular corn frozen thawed
- 1 pinch garlic powder to taste
- 1 pinch ground pepper white

- 6 servings salt and ground pepper black to taste
- 1 teaspoon onion fresh minced
- 0.5 cup orange bell pepper diced
- 1 pinch paprika
- 0.3 cup pecans toasted chopped
- 0.5 cup bell pepper diced red
- 0.3 cup onion diced red
- 6 servings salt to taste
- 0.3 cup slivered almonds toasted
- 0.3 cup vegetable oil
- 3 tablespoons sugar white
- 2 tablespoons citrus champagne vinegar

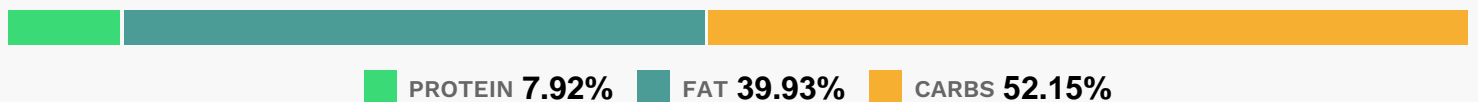
## Equipment

- food processor
- bowl
- blender

## Directions

- Combine orzo, wild rice, orange bell pepper, red bell pepper, corn, currants, and red onion together in a large bowl.
- Blend vegetable oil, sugar, white wine vinegar, cider vinegar, minced onion, white pepper, paprika, garlic powder, and 1 pinch salt together in a blender or food processor until smooth.
- Mix pecans, almonds, and parsley into orzo mixture.
- Drizzle enough dressing to coat salad; toss to evenly coat. Season with salt and black pepper.

## Nutrition Facts



## Properties

Glycemic Index:67.6, Glycemic Load:15.72, Inflammation Score:-7, Nutrition Score:13.988695683687%

## Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

## Nutrients (% of daily need)

Calories: 331.13kcal (16.56%), Fat: 15.19g (23.36%), Saturated Fat: 1.98g (12.36%), Carbohydrates: 44.62g (14.87%), Net Carbohydrates: 40.62g (14.77%), Sugar: 15.66g (17.4%), Cholesterol: 0mg (0%), Sodium: 204.14mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.55%), Vitamin K: 59.73µg (56.89%), Vitamin C: 37.26mg (45.17%), Manganese: 0.68mg (33.83%), Selenium: 17.22µg (24.59%), Vitamin A: 1009.1IU (20.18%), Vitamin E: 2.45mg (16.36%), Fiber: 4g (16.02%), Magnesium: 47.08mg (11.77%), Copper: 0.23mg (11.57%), Phosphorus: 115.35mg (11.53%), Vitamin B6: 0.21mg (10.39%), Iron: 1.8mg (10.03%), Potassium: 308.95mg (8.83%), Folate: 34.09µg (8.52%), Vitamin B2: 0.14mg (8.07%), Vitamin B1: 0.11mg (7.23%), Zinc: 1.08mg (7.18%), Vitamin B3: 1.35mg (6.74%), Calcium: 39.09mg (3.91%), Vitamin B5: 0.29mg (2.93%)