



Best Wild Rice Salad



Gluten Free



Low Fod Map

READY IN

ready

55 min.

SERVINGS

servings

4

CALORIES

calories

384 kcal

- SIDE DISH
- LUNCH
- MAIN COURSE
- MAIN DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 tablespoon butter
- ☐ 2 chicken breast half boneless skinless
- ☐ 1 tablespoon olive oil
- ☐ 1 head romaine lettuce dried rinsed
- ☐ 4 servings salt and pepper to taste
- ☐ 4 tablespoons walnut oil
- ☐ 0.3 cup water chestnuts drained sliced

☐ 0.7 cup rice wild uncooked

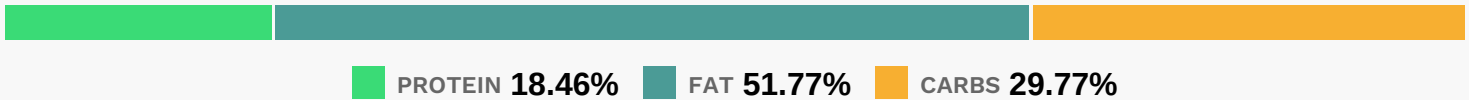
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a medium saucepan, cover wild rice with three inches (7.5 cm) of salted water. Bring to a boil and boil, uncovered, for 30 minutes, or until tender.
- ☐ Drain the excess water, turn heat to lowest setting, cover rice and let steam for 15–20 minutes, or until the grains split open.
- ☐ Remove from heat and let cool.
- ☐ In a medium skillet over medium heat, saute the chicken lightly in the butter and oil, cooking gently and thoroughly. Do not overcook the chicken. Cool and shred the chicken into bite-size pieces.
- ☐ In a medium bowl, mix together the rice, chicken and water chestnuts. Set aside.
- ☐ For the dressing, whisk together the walnut oil, vinegar, salt and pepper.
- ☐ Pour over the wild rice mixture and combine. To serve, place 2–3 romaine leaves on each plate and spoon the wild rice mixture onto the leaves.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:10.94, Inflammation Score:-10, Nutrition Score:25.974782420241%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 384.07kcal (19.2%), Fat: 22.57g (34.73%), Saturated Fat: 3.98g (24.89%), Carbohydrates: 29.2g (9.73%), Net Carbohydrates: 23.71g (8.62%), Sugar: 4.27g (4.74%), Cholesterol: 43.69mg (14.56%), Sodium: 299.83mg (13.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.11g (36.22%), Vitamin A: 13740.63IU (274.81%), Vitamin K: 165.53µg (157.64%), Folate: 241.81µg (60.45%), Vitamin B3: 8.26mg (41.3%), Vitamin B6: 0.68mg (33.92%), Manganese: 0.64mg (31.96%), Phosphorus: 287.66mg (28.77%), Selenium: 19.64µg (28.06%), Fiber: 5.49g (21.96%), Magnesium: 85.96mg (21.49%), Potassium: 745.34mg (21.3%), Zinc: 2.37mg (15.8%), Iron: 2.52mg (14.01%), Vitamin B2: 0.24mg (13.99%), Vitamin B5: 1.35mg (13.49%), Copper: 0.25mg (12.72%), Vitamin B1: 0.18mg (12.14%), Vitamin C: 7.22mg (8.75%), Vitamin E: 1.28mg (8.54%), Calcium: 64.07mg (6.41%), Vitamin B12: 0.12µg (1.98%)