



Black and Wild Rice Salad with Roasted Squash

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



277 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 servings pepper black freshly ground
- 1.5 cups rice black
- 0.5 medium butternut squash seeds removed, cut into pieces peeled
- 2 teaspoons honey
- 8 servings kosher salt
- 0.5 cup olive oil divided
- 0.5 cup pistachios chopped

- 1 cup pomegranate seeds
- 0.3 cup red wine vinegar
- 2 spring onion thinly sliced
- 0.5 cup rice wild

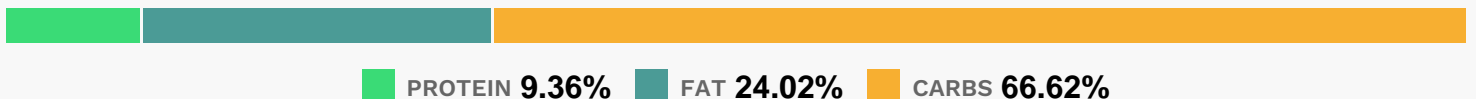
Equipment

- bowl
- baking sheet
- oven
- whisk
- pot

Directions

- Preheat oven to 450°F. Cook black rice and wild rice in a large pot of boiling salted water until tender, 35–40 minutes; drain and rinse, shaking off as much water as possible.
- Spread out on a rimmed baking sheet and let cool.
- Meanwhile, toss squash with 1/4 cup oil on another baking sheet; season with salt and pepper. Roast, tossing once, until golden brown and tender, 20–25 minutes; let cool.
- Whisk vinegar, honey, and remaining 1/4 cup oil in a large bowl.
- Add black rice and wild rice, squash, scallions, pomegranate seeds, microgreens, and pistachios; season with salt and pepper and toss to combine.
- DO AHEAD: Salad (without microgreens) can be made 4 hours ahead. Cover and chill.
- Any grain (except amaranth)

Nutrition Facts



Properties

Glycemic Index:32.16, Glycemic Load:6.91, Inflammation Score:-10, Nutrition Score:18.913912793864%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 277.17kcal (13.86%), Fat: 7.61g (11.7%), Saturated Fat: 1.05g (6.59%), Carbohydrates: 47.46g (15.82%), Net Carbohydrates: 42.97g (15.62%), Sugar: 6.48g (7.2%), Cholesterol: 0mg (0%), Sodium: 200.71mg (8.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.34%), Vitamin A: 5047.07IU (100.94%), Manganese: 1.67mg (83.27%), Magnesium: 96.11mg (24.03%), Phosphorus: 221.26mg (22.13%), Vitamin B6: 0.44mg (21.82%), Vitamin B1: 0.28mg (18.66%), Fiber: 4.49g (17.96%), Copper: 0.32mg (16%), Vitamin B3: 3.18mg (15.9%), Vitamin C: 12.98mg (15.73%), Selenium: 9.31µg (13.3%), Vitamin E: 1.88mg (12.53%), Potassium: 425.73mg (12.16%), Vitamin K: 12.73µg (12.12%), Zinc: 1.63mg (10.85%), Folate: 42.78µg (10.69%), Vitamin B5: 0.93mg (9.35%), Iron: 1.51mg (8.38%), Vitamin B2: 0.09mg (5.54%), Calcium: 46mg (4.6%)