

 68%
HEALTH SCORE

Black and Wild Rice Salad with Roasted Squash



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



278 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
- ☐ 1 cup sprouts
- ☐ 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

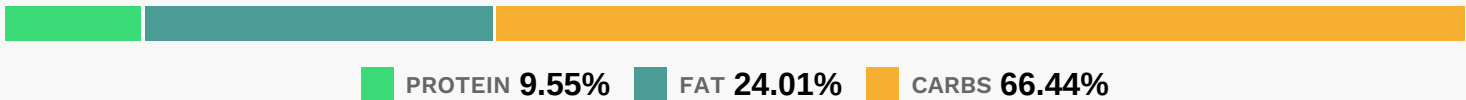
Equipment

- ☐ 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:19.140869679658%

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: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 278.12kcal (13.91%), Fat: 7.63g (11.75%), Saturated Fat: 1.06g (6.61%), Carbohydrates: 47.54g (15.85%), Net Carbohydrates: 42.97g (15.63%), Sugar: 6.49g (7.21%), Cholesterol: 0mg (0%), Sodium: 200.95mg (8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.67%), Vitamin A: 5053.47IU (101.07%), Manganese: 1.67mg (83.66%), Magnesium: 97.23mg (24.31%), Phosphorus: 224.15mg (22.41%), Vitamin B6: 0.44mg (21.89%), Vitamin B1: 0.28mg (18.87%), Fiber: 4.57g (18.27%), Copper: 0.33mg (16.32%), Vitamin C: 13.31mg (16.14%), Vitamin B3: 3.2mg (16%), Selenium: 9.33µg (13.33%), Vitamin K: 13.98µg (13.32%), Vitamin E: 1.88mg (12.53%), Potassium: 428.99mg (12.26%), Zinc: 1.67mg (11.1%), Folate: 44.26µg (11.07%), Vitamin B5: 0.96mg (9.58%), Iron: 1.55mg (8.6%), Vitamin B2: 0.1mg (5.85%), Calcium: 47.32mg (4.73%)