



Black Bean and Wild Rice Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



245 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 14 ounce black beans drained and rinsed canned
- 0.5 cup cashew pieces roughly chopped
- 0.1 teaspoon cayenne pepper
- 1 bunch cilantro leaves chopped
- 16 ounce rice wild cooked
- 1.5 teaspoons dijon mustard
- 0.5 cup cranberries dried
- 0.5 teaspoon thyme leaves dried

- 0.3 teaspoon ground cumin
- 8 servings salt and ground pepper black to taste
- 0.3 cup olive oil
- 0.5 cup orange juice freshly squeezed
- 1 onion red finely chopped
- 3 tablespoons tarragon vinegar

Equipment

- whisk
- mixing bowl

Directions

- Toss the red onion, cilantro, black beans, wild rice, dried cranberries, and cashews together in a large mixing bowl.
- Whisk the orange juice, olive oil, tarragon vinegar, Dijon mustard, thyme, cumin, cayenne pepper, salt, and black pepper together in a small bowl; pour over the rice mixture in the mixing bowl and toss to coat. Chill 30 minutes.

Nutrition Facts

■ PROTEIN 11.15% ■ FAT 38.27% ■ CARBS 50.58%

Properties

Glycemic Index:35.9, Glycemic Load:1.68, Inflammation Score:-5, Nutrition Score:9.599130568297%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 245.12kcal (12.26%), Fat: 10.81g (16.64%), Saturated Fat: 1.65g (10.3%), Carbohydrates: 32.16g (10.72%), Net Carbohydrates: 26.65g (9.69%), Sugar: 8.31g (9.23%), Cholesterol: 0mg (0%), Sodium: 205.46mg (8.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.18%), Manganese: 0.48mg (24.04%), Fiber: 5.51g (22.03%), Copper: 0.36mg (18.18%), Magnesium: 63.79mg (15.95%), Phosphorus: 157.53mg (15.75%), Folate: 55.2µg (13.8%), Vitamin C: 10.5mg (12.72%), Iron: 2.11mg (11.74%), Vitamin K: 12.12µg (11.54%), Vitamin B1: 0.16mg (10.51%), Zinc: 1.55mg (10.35%), Potassium: 328.46mg (9.38%), Vitamin E: 1.39mg (9.29%), Vitamin B6: 0.17mg (8.34%), Vitamin B2: 0.13mg (7.48%), Vitamin B3: 1.27mg (6.34%), Selenium: 3.2µg (4.58%), Vitamin B5: 0.32mg (3.21%), Calcium: 31.54mg (3.15%), Vitamin A: 119.82IU (2.4%)