



 **100%**  
HEALTH SCORE

## Black Rice Salad with Butternut Squash and Pomegranate Seeds

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



90 min.

SERVINGS



3

CALORIES



532 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.7 cup rice black
- 1 pound butternut squash
- 2 tablespoons spring onion sliced
- 0.3 teaspoon kosher salt
- 1.5 tablespoons juice of lemon
- 0.5 tablespoon maple syrup
- 3 tablespoons olive oil divided

- 0.5 teaspoon paprika smoked sweet spanish
- 0.5 cup pecans coarsely chopped
- 3 servings bell pepper to taste
- 3 servings bell pepper to taste
- 0.5 cup pomegranate seeds

## Equipment

- bowl
- baking sheet
- oven
- whisk
- pot

## Directions

- Bring a large pot of salted water to a boil over high heat.
- Add the rice, adjust heat to maintain a lively simmer, and cook until rice is tender, about 30 minutes.
- Drain and rinse with cool water.
- Preheat oven to 37
- Peel and seed squash and cut into 1-in. cubes. In a large bowl, toss squash with paprika, salt, and 1 tbsp. oil.
- Spread on a baking sheet in a single layer and roast, stirring occasionally, until browned and tender, about 40 minutes.
- Let cool.
- Spread pecans on another baking sheet and toast until fragrant, stirring once, 6 to 8 minutes.
- Whisk together remaining 2 tbsp. oil, the lemon juice, maple syrup, and pepper in a serving bowl. Toss with reserved rice, roasted squash, green onions, and most of pecans and pomegranate seeds.
- Sprinkle with remaining pecans and pomegranate seeds.

\*Find black rice and smoked Spanish paprika at Whole Foods Market or other well-stocked grocery stores.

## Nutrition Facts

**PROTEIN 5.95%** **FAT 44.92%** **CARBS 49.13%**

### Properties

Glycemic Index:74.83, Glycemic Load:5.53, Inflammation Score:-10, Nutrition Score:34.228695662125%

### Flavonoids

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### Nutrients (% of daily need)

Calories: 532.22kcal (26.61%), Fat: 28.07g (43.18%), Saturated Fat: 3.36g (20.97%), Carbohydrates: 69.06g (23.02%), Net Carbohydrates: 58.54g (21.29%), Sugar: 16.65g (18.5%), Cholesterol: 0mg (0%), Sodium: 211.02mg (9.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.73%), Vitamin A: 20951.23IU (419.02%), Vitamin C: 229.1mg (277.7%), Manganese: 2.88mg (143.79%), Vitamin E: 7.57mg (50.44%), Vitamin B6: 0.94mg (47.19%), Fiber: 10.51g (42.05%), Magnesium: 153.87mg (38.47%), Vitamin B1: 0.53mg (35.4%), Folate: 135.83µg (33.96%), Potassium: 1104.48mg (31.56%), Vitamin K: 31.78µg (30.27%), Vitamin B3: 5.7mg (28.52%), Phosphorus: 284.21mg (28.42%), Copper: 0.5mg (24.82%), Vitamin B5: 1.96mg (19.58%), Iron: 3.02mg (16.79%), Vitamin B2: 0.28mg (16.58%), Selenium: 11.34µg (16.2%), Zinc: 2.33mg (15.54%), Calcium: 114.73mg (11.47%)