



Black Rice Salad with Butternut Squash and Pomegranate Seeds



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



90 min.

SERVINGS



3

CALORIES



513 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.7 cup rice black
- ☐ 1 pound butternut squash
- ☐ 2 tablespoons green onions 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
- ☐ 0.5 cup pomegranate seeds

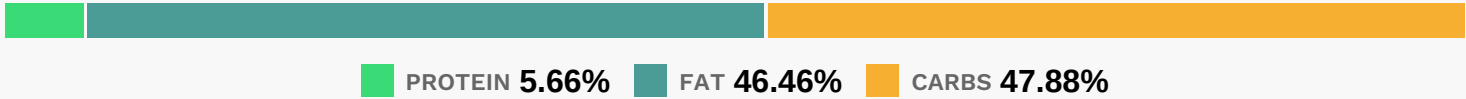
Equipment

- ☐ 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



Properties

Glycemic Index:64.17, Glycemic Load:4.59, Inflammation Score:-10, Nutrition Score:31.51608699301%

Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 512.85kcal (25.64%), Fat: 27.84g (42.84%), Saturated Fat: 3.31g (20.7%), Carbohydrates: 64.56g (21.52%), Net Carbohydrates: 55.62g (20.22%), Sugar: 13.52g (15.02%), Cholesterol: 0mg (0%), Sodium: 208.04mg (9.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.26%), Vitamin A: 18618.63IU (372.37%), Vitamin C: 133.74mg (162.11%), Manganese: 2.79mg (139.62%), Vitamin E: 6.39mg (42.59%), Vitamin B6: 0.73mg (36.35%), Magnesium: 144.93mg (36.23%), Fiber: 8.95g (35.79%), Vitamin B1: 0.49mg (32.72%), Potassium: 947.29mg (27.07%), Vitamin K: 28.13µg (26.79%), Phosphorus: 264.84mg (26.48%), Folate: 101.56µg (25.39%), Vitamin B3: 4.97mg (24.87%), Copper: 0.48mg (24.18%), Vitamin B5: 1.72mg (17.21%), Selenium: 11.27µg (16.1%), Iron: 2.7mg (15.01%), Zinc: 2.14mg (14.29%), Vitamin B2: 0.22mg (12.85%), Calcium: 109.52mg (10.95%)