



Chicken and Snap Pea Wild Rice Salad

 Gluten Free  Dairy Free

READY IN



315 min.

SERVINGS



10

CALORIES



237 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black
- 1 cup celery sliced
- 3 cups meat from a rotisserie chicken cubed cooked
- 3 tablespoons dijon mustard
- 1 teaspoon tarragon dried crumbled
- 0.5 cup parsley fresh chopped
- 1 clove garlic minced
- 0.5 cup green onion sliced

- 0.5 teaspoon pepper flakes red crushed
- 0.7 cup safflower oil
- 1 teaspoon salt
- 0.5 cup slivered almonds toasted
- 0.5 pound sugar snap peas
- 0.3 cup tarragon vinegar
- 6 cups water
- 1 tablespoon sugar white
- 1.5 cups rice wild uncooked

Equipment

- sauce pan
- whisk
- mixing bowl
- colander

Directions

- Bring the wild rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender but not mushy, 20 to 45 minutes depending on the variety of wild rice.
- Drain off any excess liquid, fluff the rice with a fork, and cook uncovered 5 minutes more.
- Scrape into a mixing bowl, and refrigerate until cold.
- Whisk the vinegar, mustard, sugar, salt, garlic, dried tarragon, black pepper, and red pepper flakes in a small mixing bowl until smooth.
- Pour the safflower oil into the dressing in a thin, steady stream while whisking vigorously until the oil has been fully incorporated into the dressing; set aside. Stir the chicken, celery, parsley, and green onion into the cooled wild rice. Stir in the dressing until evenly blended. Cover the rice mixture, and refrigerate 4 hours to overnight.
- Bring a small saucepan of lightly salted water to a boil.
- Add the sugar snap peas, and cook uncovered until just tender, about 30 seconds.

Drain in a colander, then immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the peas are cold, drain and cut into 1-inch diagonal pieces. Refrigerate until ready to serve. Stir the peas and toasted almonds into the rice mixture just before serving.

Nutrition Facts

PROTEIN 27.29% **FAT 33.54%** **CARBS 39.17%**

Properties

Glycemic Index:44.61, Glycemic Load:10.39, Inflammation Score:-7, Nutrition Score:16.153913010722%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 6.75mg, Apigenin: 6.75mg, Apigenin: 6.75mg, Apigenin: 6.75mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 236.87kcal (11.84%), Fat: 8.93g (13.74%), Saturated Fat: 1.26g (7.87%), Carbohydrates: 23.46g (7.82%), Net Carbohydrates: 20.04g (7.29%), Sugar: 3.3g (3.66%), Cholesterol: 31.5mg (10.5%), Sodium: 335.86mg (14.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.35g (32.7%), Vitamin K: 69.18µg (65.89%), Manganese: 0.59mg (29.38%), Vitamin B3: 5.41mg (27.07%), Phosphorus: 235.31mg (23.53%), Vitamin C: 19.06mg (23.11%), Magnesium: 79.69mg (19.92%), Selenium: 13.11µg (18.74%), Vitamin E: 2.79mg (18.61%), Vitamin B6: 0.34mg (16.85%), Zinc: 2.42mg (16.16%), Fiber: 3.42g (13.67%), Copper: 0.27mg (13.34%), Vitamin B2: 0.22mg (13.2%), Vitamin A: 658.1IU (13.16%), Folate: 49.11µg (12.28%), Iron: 2.1mg (11.69%), Potassium: 357.8mg (10.22%), Vitamin B5: 0.92mg (9.2%), Vitamin B1: 0.12mg (7.74%), Calcium: 57.49mg (5.75%), Vitamin B12: 0.12µg (2.03%)