



WHATSheATE



HEALTH SCORE

82%

Chicken-and-Wild Rice Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



6

CALORIES



467 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup green onions minced
- ☐ 8.5 oz grain brown and rice mix wild whole ready-to-serve
- ☐ 1 cup pecans chopped
- ☐ 6 servings bell pepper to taste
- ☐ 1 cup bell pepper diced red
- ☐ 3 tablespoons rice wine vinegar
- ☐ 2 tablespoons sesame oil
- ☐ 3 cups meat from a rotisserie chicken shredded cooked

- ☐ 3 tablespoons soya sauce
- ☐ 1 cup watercress coarsely chopped

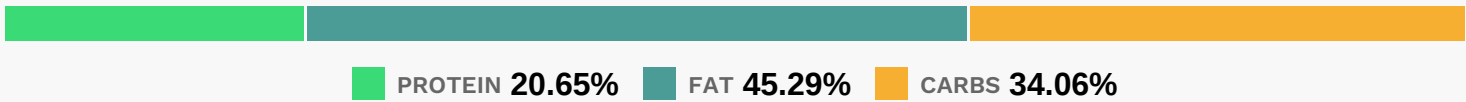
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer in a shallow pan 10 to 12 minutes or until toasted and fragrant, stirring halfway through.
- ☐ Whisk together soy sauce, vinegar, and sesame oil in a large bowl.
- ☐ Prepare brown and wild rice mix according to package directions. Stir chicken, next 3 ingredients, toasted pecans, and rice into soy sauce mixture.
- ☐ Add pepper.

Nutrition Facts



Properties

Glycemic Index:33.83, Glycemic Load:1.47, Inflammation Score:-10, Nutrition Score:29.643912958062%

Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 466.91kcal (23.35%), Fat: 23.88g (36.74%), Saturated Fat: 3.35g (20.93%), Carbohydrates: 40.42g (13.47%), Net Carbohydrates: 34.98g (12.72%), Sugar: 5.5g (6.11%), Cholesterol: 52.5mg (17.5%), Sodium: 565.17mg (24.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.5g (49%), Vitamin C: 130.57mg (158.26%), Manganese: 2.51mg (125.69%), Vitamin A: 3371.36IU (67.43%), Vitamin B3: 9.14mg (45.68%), Vitamin B6: 0.85mg (42.32%), Selenium: 27.6µg (39.42%), Phosphorus: 361.25mg (36.12%), Vitamin K: 29.69µg (28.28%), Magnesium: 111.74mg (27.93%), Vitamin B1: 0.39mg (26.05%), Fiber: 5.44g (21.78%), Copper: 0.41mg (20.32%), Zinc: 3.01mg (20.06%), Vitamin B5: 1.81mg (18.06%), Potassium: 583.38mg (16.67%), Folate: 66.02µg (16.5%), Vitamin E: 2.45mg (16.34%), Vitamin B2: 0.27mg (16.01%), Iron: 2.61mg (14.52%), Calcium: 49.39mg (4.94%), Vitamin B12: 0.2µg (3.38%)