



Chicken and Wild Rice Salad with Almonds

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



362 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup almonds toasted chopped
- ☐ 0.1 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons canola oil
- ☐ 0.5 cup carrots shredded
- ☐ 1 cup celery chopped
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup cranberries dried

- ☐ 2 cups fat-skimmed beef broth fat-free
- ☐ 1 garlic clove minced
- ☐ 2 tablespoons onion red minced
- ☐ 0.3 teaspoon salt
- ☐ 1 pound chicken breast boneless skinless
- ☐ 2 teaspoons sugar
- ☐ 0.3 cup citrus champagne vinegar
- ☐ 1.5 cups rice wild uncooked

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ grill pan

Directions

- ☐ To prepare dressing, combine first 5 ingredients in a medium bowl. Gradually add oil, stirring with a whisk until well blended. Cover and chill.
- ☐ Combine broth, rice, and butter in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 45 minutes or until rice is tender and liquid is absorbed.
- ☐ Remove rice mixture from heat; cool.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle chicken with 1/4 teaspoon salt and pepper.
- ☐ Add chicken to pan; cook 8 minutes on each side or until done. Cool; cut into 1/2-inch cubes.
- ☐ Combine cooked rice, chicken, celery, carrots, cranberries, almonds, and red onion in a large bowl.
- ☐ Add dressing; toss gently to coat. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:64.32, Glycemic Load:16.91, Inflammation Score:-9, Nutrition Score:20.002173900604%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 361.68kcal (18.08%), Fat: 12.22g (18.8%), Saturated Fat: 2.28g (14.26%), Carbohydrates: 40.35g (13.45%), Net Carbohydrates: 36.09g (13.12%), Sugar: 8.48g (9.43%), Cholesterol: 53.4mg (17.8%), Sodium: 543.3mg (23.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.97g (47.94%), Vitamin B3: 11.43mg (57.13%), Selenium: 27.74µg (39.63%), Vitamin B6: 0.78mg (39.1%), Vitamin A: 1947.14IU (38.94%), Manganese: 0.76mg (38.21%), Phosphorus: 381.31mg (38.13%), Magnesium: 112.08mg (28.02%), Vitamin E: 3.13mg (20.86%), Zinc: 3.1mg (20.67%), Potassium: 611.26mg (17.46%), Vitamin B5: 1.72mg (17.23%), Fiber: 4.26g (17.05%), Vitamin B2: 0.28mg (16.76%), Copper: 0.33mg (16.29%), Folate: 53.27µg (13.32%), Vitamin K: 11.36µg (10.82%), Iron: 1.56mg (8.68%), Vitamin B1: 0.13mg (8.51%), Vitamin B12: 0.31µg (5.11%), Calcium: 45.71mg (4.57%), Vitamin C: 2.53mg (3.06%)