



WHATSheATE



Chicken and Wild Rice Salad with Orange-Mango Vinaigrette



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



297 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3.5 ounce boil-in-bag brown rice (such as Success)
- ☐ 8 ounces chicken breast cooked chopped
- ☐ 4 servings orange-mango vinaigrette
- ☐ 2.8 ounce quick-cooking rice wild (such as Gourmet House)
- ☐ 0.3 cup slivered almonds toasted

Equipment

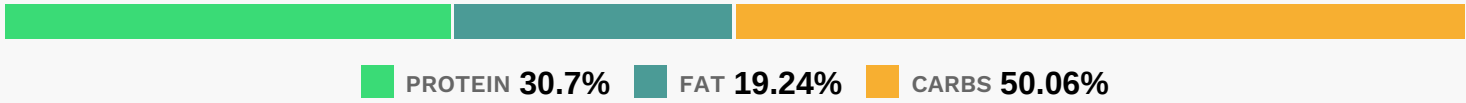
- ☐ bowl

☐ baking pan

Directions

- ☐ Cook wild rice and brown rice according to package directions, omitting salt and fat.
- ☐ Combine wild rice and brown rice, and spread rice mixture in a thin layer in a baking pan. Refrigerate 30 minutes or until cool, stirring occasionally.
- ☐ Combine chilled rice mixture, chicken, and Orange–Mango Vinaigrette in a large bowl; toss well. Spoon rice mixture evenly onto each of 4 serving plates; sprinkle evenly with almonds.

Nutrition Facts



Properties

Glycemic Index:30.13, Glycemic Load:10.74, Inflammation Score:-5, Nutrition Score:15.122608682384%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 297.1kcal (14.85%), Fat: 6.24g (9.61%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 36.55g (12.18%), Net Carbohydrates: 34.47g (12.54%), Sugar: 0.44g (0.49%), Cholesterol: 48.19mg (16.06%), Sodium: 44.98mg (1.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.41g (44.82%), Manganese: 1.28mg (64.25%), Vitamin B3: 10.46mg (52.3%), Selenium: 23.18µg (33.12%), Phosphorus: 250.37mg (25.04%), Vitamin B6: 0.5mg (25.03%), Vitamin B1: 0.34mg (22.45%), Magnesium: 72.97mg (18.24%), Folate: 64.23µg (16.06%), Iron: 2.52mg (13.98%), Vitamin E: 1.9mg (12.65%), Zinc: 1.56mg (10.39%), Vitamin B5: 1.04mg (10.35%), Copper: 0.2mg (10.08%), Vitamin B2: 0.16mg (9.3%), Fiber: 2.07g (8.29%), Potassium: 268.05mg (7.66%), Calcium: 39.25mg (3.92%), Vitamin B12: 0.19µg (3.21%)