



## Classic Minnesota Wild Rice Salad

 **Gluten Free**  **Dairy Free**

READY IN



**165 min.**

SERVINGS



**10**

CALORIES



**555 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 4 cups chicken broth
- ☐ 3 cups meat from a rotisserie chicken cubed cooked
- ☐ 0.3 teaspoon curry powder
- ☐ 2 cups mayonnaise
- ☐ 2 cups grapes red seedless
- ☐ 1 cup roasted cashews salted
- ☐ 1.5 teaspoons lawry's seasoned salt

- ☐ 1 teaspoon soya sauce
- ☐ 1 cup rice wild

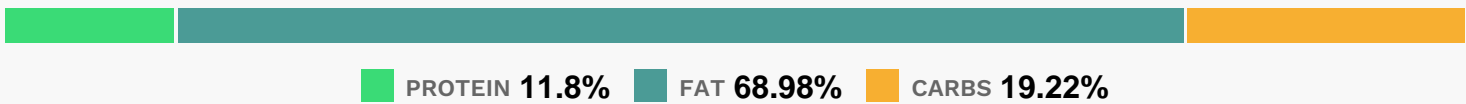
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

## Directions

- ☐ Bring the wild rice and chicken broth to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the rice is tender but not mushy, 30 to 45 minutes.
- ☐ Drain off any excess liquid, fluff the rice with a fork, and cook uncovered 5 minutes more.
- ☐ Remove from heat and let the rice cool thoroughly in refrigerator, about 1 hour.
- ☐ Transfer wild rice to a large salad bowl and toss with cooked chicken, grapes, cashews, and water chestnuts.
- ☐ Whisk mayonnaise, seasoned salt, soy sauce, and curry powder in a separate bowl.
- ☐ Pour the dressing over the salad and toss again. Chill thoroughly, at least 1 hour or overnight for best flavor.

## Nutrition Facts



## Properties

Glycemic Index:17.2, Glycemic Load:8.68, Inflammation Score:-4, Nutrition Score:15.034347886625%

## Nutrients (% of daily need)

Calories: 555.23kcal (27.76%), Fat: 43.09g (66.29%), Saturated Fat: 7.32g (45.73%), Carbohydrates: 27.01g (9%), Net Carbohydrates: 24.43g (8.89%), Sugar: 7.31g (8.12%), Cholesterol: 52.2mg (17.4%), Sodium: 1139.21mg (49.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.59g (33.18%), Vitamin K: 82.61µg (78.68%), Copper: 0.51mg (25.49%), Vitamin B3: 4.99mg (24.97%), Phosphorus: 244.02mg (24.4%), Manganese: 0.44mg (22.17%), Selenium: 14.08µg (20.12%), Magnesium: 78.45mg (19.61%), Vitamin B6: 0.36mg (17.87%), Zinc: 2.65mg (17.68%), Vitamin E: 2.01mg (13.4%), Vitamin B2: 0.23mg (13.28%), Iron: 2.25mg (12.52%), Potassium: 369.31mg (10.55%), Fiber: 2.58g

(10.32%), Vitamin B5: 0.9mg (9%), Vitamin B1: 0.12mg (8.08%), Folate: 31.82µg (7.96%), Vitamin B12: 0.19µg (3.24%), Calcium: 26.86mg (2.69%), Vitamin C: 1.43mg (1.73%), Vitamin A: 71.68IU (1.43%)