



Fruited Wild Rice Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



12

CALORIES



117 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 0.5 cup cranberries dried
- ☐ 1 teaspoon mustard dry
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 0.5 teaspoon rosemary fresh chopped
- ☐ 1 cup fuji apple chopped
- ☐ 1 cup apples i use 2 granny smith apples chopped
- ☐ 2 green onions thinly sliced

- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 tablespoons pinenuts toasted
- ☐ 6 ounce fast-cooking recipe and rice long-grain wild such as Uncle Ben's
- ☐ 0.5 teaspoon salt
- ☐ 3 large tangelos

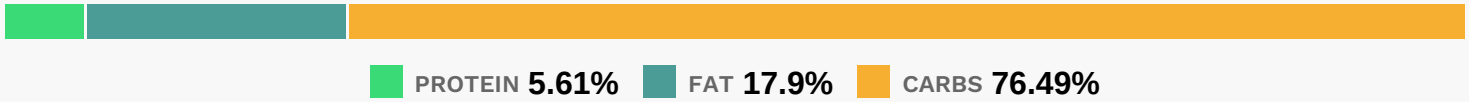
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Cook rice according to package directions, using 2 cups water. Omit salt, fat, and seasoning packet; cool completely.
- ☐ Section tangelos over a bowl; reserve 2 tablespoons juice.
- ☐ Combine cooked rice, tangelo sections, apple, and next 4 ingredients in a large bowl; toss gently.
- ☐ Whisk together 2 tablespoons tangelo juice, vinegar, and next 4 ingredients; drizzle over rice mixture.
- ☐ Sprinkle with pine nuts; toss well. Cover and chill up to 4 hours.
- ☐ Garnish with rosemary sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:2.26, Inflammation Score:-4, Nutrition Score:5.797391279884%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg

Catechin: 0.27mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Hesperetin: 2.38mg, Hesperetin: 2.38mg, Hesperetin: 2.38mg, Hesperetin: 2.38mg Naringenin: 3.01mg, Naringenin: 3.01mg, Naringenin: 3.01mg, Naringenin: 3.01mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 117.36kcal (5.87%), Fat: 2.41g (3.71%), Saturated Fat: 0.27g (1.7%), Carbohydrates: 23.19g (7.73%), Net Carbohydrates: 21.45g (7.8%), Sugar: 9.14g (10.16%), Cholesterol: 0mg (0%), Sodium: 100.46mg (4.37%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.7g (3.4%), Vitamin K: 22.85µg (21.76%), Manganese: 0.3mg (15.14%), Vitamin C: 10.71mg (12.98%), Folate: 47.91µg (11.98%), Vitamin B1: 0.16mg (10.72%), Selenium: 5.71µg (8.15%), Fiber: 1.74g (6.96%), Iron: 1.18mg (6.53%), Vitamin A: 320.49IU (6.41%), Vitamin B3: 1.24mg (6.2%), Phosphorus: 35.58mg (3.56%), Vitamin E: 0.52mg (3.47%), Copper: 0.07mg (3.4%), Magnesium: 11.68mg (2.92%), Potassium: 100.58mg (2.87%), Vitamin B6: 0.06mg (2.76%), Zinc: 0.35mg (2.32%), Calcium: 19.83mg (1.98%), Vitamin B2: 0.03mg (1.62%), Vitamin B5: 0.16mg (1.61%)