



Gluten-Free Wild Rice Salad with Chanterelles, Sour Cherries and Cashew Sour Cream

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



660 min.

SERVINGS



20

CALORIES



182 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups cashew pieces raw
- 0.5 teaspoon salt
- 0.3 cup juice of lemon fresh (1 large lemon)
- 0.5 cup water
- 2 cups rice wild uncooked
- 1 teaspoon kosher salt
- 0.3 cup olive oil

- 2 oz chanterelles
- 0.3 cup salt
- 2 teaspoons tarragon fresh finely chopped
- 0.5 cup cherries dried sour
- 1 cup cashew pieces toasted

Equipment

- food processor
- frying pan
- sauce pan

Directions

- Cover raw cashews with water; soak 8 hours.
- Drain.
- In food processor, place drained cashews, salt and lemon juice. (We liked this lemony. If you want to mask the taste more, use less lemon juice.) Cover; process, pouring in 1/2 cup water until the "cream" has reached desired consistency. Cover and refrigerate at least 2 hours to let it thicken even more.
- In 4-quart saucepan, place wild rice; cover with 6 cups hot water. Stir in salt.
- Heat to boiling over high heat. Reduce heat until water stays at a medium-hard boil. Cook rice about 20 minutes, watching to make sure water does not evaporate, until rice is tender. (Or reduce heat to low and simmer slowly, about 45 to 50 minutes.)
- Drain and set aside.
- Heat 10-inch skillet over high heat until hot.
- Add oil. When oil swirls in the pan, add chanterelles and cook, stirring, for a few moments.
- Add shallots and cook, stirring. Toss in tarragon and cook about 2 minutes or until it releases its fragrance.
- Add cherries and toasted cashews. Cook for a moment, stirring.
- Add wild rice and cook until hot.
- Serve warm with cashew sour cream.

Nutrition Facts

PROTEIN 11.77% FAT 47.15% CARBS 41.08%

Properties

Glycemic Index:8.82, Glycemic Load:7.31, Inflammation Score:-4, Nutrition Score:7.5891304741735%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 182.13kcal (9.11%), Fat: 9.98g (15.35%), Saturated Fat: 1.66g (10.36%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 17.63g (6.41%), Sugar: 3.03g (3.37%), Cholesterol: 0mg (0%), Sodium: 1593.38mg (69.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.21%), Manganese: 0.51mg (25.4%), Copper: 0.45mg (22.59%), Magnesium: 76.75mg (19.19%), Phosphorus: 167.39mg (16.74%), Zinc: 1.92mg (12.8%), Iron: 1.63mg (9.08%), Fiber: 1.94g (7.76%), Vitamin K: 7.43µg (7.07%), Vitamin B3: 1.38mg (6.93%), Vitamin B6: 0.14mg (6.86%), Vitamin B1: 0.09mg (5.88%), Potassium: 198.63mg (5.68%), Selenium: 3.74µg (5.34%), Folate: 20.45µg (5.11%), Vitamin E: 0.67mg (4.46%), Vitamin B2: 0.06mg (3.56%), Vitamin B5: 0.35mg (3.46%), Vitamin A: 119.2IU (2.38%), Vitamin C: 1.36mg (1.65%), Calcium: 16.13mg (1.61%)