



Harvest Wild Rice Salad With Pumpkin Vinaigrette



Vegetarian



Gluten Free



Dairy Free

READY IN



33 min.

SERVINGS



25

CALORIES



78 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup pumpkin canned
- ☐ 1 cup celery finely chopped
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.8 cup green onions chopped
- ☐ 1 tablespoon honey
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup pecans chopped

- ☐ 0.3 teaspoon pepper
- ☐ 6 oz rice mix long-grain wild
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 0.3 cup citrus champagne vinegar

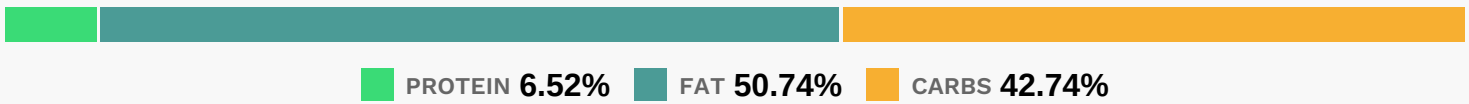
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant.
- ☐ Prepare rice according to package directions; let cool completely (about 25 minutes). Stir in cranberries, celery, green onions, and toasted pecans.
- ☐ Whisk together canned pumpkin, next 5 ingredients, and 2 Tbsp. water. Gradually whisk in olive oil in a slow, steady stream, whisking until blended.
- ☐ Pour pumpkin vinaigrette over rice mixture; stir gently to coat. Cover and chill 2 to 24 hours.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:8.57, Glycemic Load:3.05, Inflammation Score:-4, Nutrition Score:3.035217401774%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg

Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 77.72kcal (3.89%), Fat: 4.57g (7.03%), Saturated Fat: 0.55g (3.45%), Carbohydrates: 8.66g (2.89%), Net Carbohydrates: 7.68g (2.79%), Sugar: 2.91g (3.23%), Cholesterol: 0mg (0%), Sodium: 51.23mg (2.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Manganese: 0.21mg (10.64%), Vitamin K: 10.11µg (9.63%), Vitamin A: 432.35IU (8.65%), Magnesium: 16.56mg (4.14%), Vitamin E: 0.61mg (4.04%), Fiber: 0.98g (3.93%), Phosphorus: 38.91mg (3.89%), Copper: 0.07mg (3.54%), Zinc: 0.53mg (3.54%), Vitamin B3: 0.54mg (2.68%), Folate: 10.66µg (2.66%), Vitamin B6: 0.04mg (1.93%), Potassium: 64.76mg (1.85%), Iron: 0.33mg (1.83%), Vitamin B1: 0.03mg (1.71%), Vitamin B2: 0.03mg (1.63%), Vitamin B5: 0.12mg (1.2%), Vitamin C: 0.84mg (1.02%)