





Long Grain and Wild Rice Salad with Blue Cheese, Cranberries and Walnuts

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



30

CALORIES



65 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.7 cup athenos cheese blue crumbled
- 0.5 cup cranberries dried
- 2 green onions diagonally sliced
- 0.5 cup red wine vinaigrette dressing kraft
- 0.5 cup planters walnut pieces toasted
- 0.5 cup rice long-grain white uncooked
- 0.3 cup rice wild uncooked

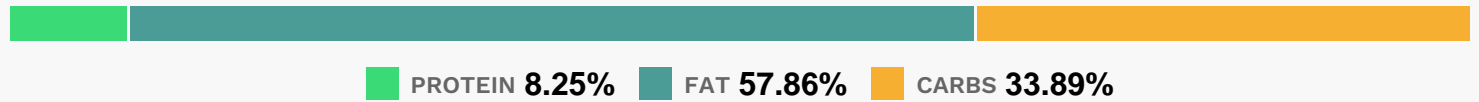
Equipment

bowl

Directions

- Cook rices in separate saucepans as directed on packages. Cool slightly.
- Mix rices, cheese, cranberries, walnuts and onions in medium bowl.
- Add dressing; mix lightly. Cover.
- Refrigerate at least 1 hour to allow flavors to blend.
- Serve on lettuce-covered salad plates.

Nutrition Facts



Properties

Glycemic Index:6.54, Glycemic Load:2.06, Inflammation Score:-1, Nutrition Score:1.6347826022817%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 64.54kcal (3.23%), Fat: 4.28g (6.58%), Saturated Fat: 1.07g (6.68%), Carbohydrates: 5.64g (1.88%), Net Carbohydrates: 5.26g (1.91%), Sugar: 1.69g (1.88%), Cholesterol: 2.25mg (0.75%), Sodium: 35.06mg (1.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.75%), Manganese: 0.12mg (6.24%), Vitamin K: 6.08µg (5.79%), Phosphorus: 28.13mg (2.81%), Copper: 0.05mg (2.4%), Calcium: 19.65mg (1.97%), Vitamin E: 0.27mg (1.83%), Magnesium: 7.14mg (1.79%), Zinc: 0.26mg (1.72%), Selenium: 1.12µg (1.6%), Fiber: 0.38g (1.53%), Vitamin B6: 0.03mg (1.35%), Folate: 5.02µg (1.25%), Vitamin B2: 0.02mg (1.21%), Vitamin B5: 0.11mg (1.14%), Vitamin B3: 0.21mg (1.03%)