



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

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



484 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

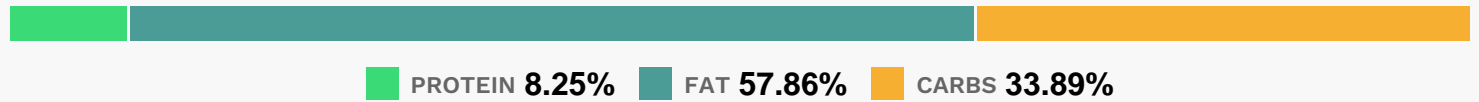
Equipment

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:49.05, Glycemic Load:15.41, Inflammation Score:-4, Nutrition Score:12.256521613702%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 484.08kcal (24.2%), Fat: 32.09g (49.36%), Saturated Fat: 8.02g (50.13%), Carbohydrates: 42.28g (14.09%), Net Carbohydrates: 39.42g (14.33%), Sugar: 12.69g (14.1%), Cholesterol: 16.88mg (5.63%), Sodium: 262.93mg (11.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.3g (20.59%), Manganese: 0.94mg (46.78%), Vitamin K: 45.59µg (43.42%), Phosphorus: 211mg (21.1%), Copper: 0.36mg (17.97%), Calcium: 147.39mg (14.74%), Vitamin E: 2.06mg (13.72%), Magnesium: 53.57mg (13.39%), Zinc: 1.94mg (12.91%), Selenium: 8.38µg (11.97%), Fiber: 2.86g (11.44%), Vitamin B6: 0.2mg (10.12%), Folate: 37.62µg (9.41%), Vitamin B2: 0.15mg (9.09%), Vitamin B5: 0.85mg (8.52%), Vitamin B3: 1.55mg (7.76%), Potassium: 217.87mg (6.22%), Vitamin B1: 0.09mg (5.96%), Iron: 1.02mg (5.69%), Vitamin A: 236.32IU (4.73%), Vitamin B12: 0.27µg (4.58%), Vitamin C: 1.35mg (1.63%)