



Maple Balsamic Brussels Sprouts and Wild Rice Salads

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



80 min.

SERVINGS



4

CALORIES



158 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 teaspoons maple syrup
- 1 tablespoon balsamic vinegar
- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 10 oz brussels sprouts
- 2 cups rice wild cold cooked
- 0.5 cup bell pepper yellow thin

- 3 tablespoons onion red chopped
- 2 tablespoons oz. bacon into pieces
- 4 large leaves boston lettuce dry with paper towels rinsed

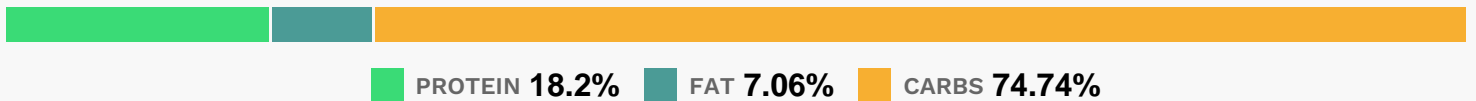
Equipment

- bowl

Directions

- In medium bowl, mix syrup, vinegar, salt and pepper.
- Cook Brussels sprouts as directed on box. Cool 5 minutes.
- Add to syrup mixture in bowl; stir gently to coat. Stir in remaining ingredients except salad greens; mix well.
- Cover and refrigerate about 1 hour or until cold. To serve, place one lettuce leaf on each of 4 individual plates; top each with salad mixture.

Nutrition Facts



Properties

Glycemic Index:44.38, Glycemic Load:3.39, Inflammation Score:-8, Nutrition Score:18.731304490048%

Flavonoids

Naringenin: 2.33mg, Naringenin: 2.33mg, Naringenin: 2.33mg, Naringenin: 2.33mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 158.35kcal (7.92%), Fat: 1.32g (2.03%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 31.49g (10.5%), Net Carbohydrates: 26.85g (9.76%), Sugar: 7.41g (8.23%), Cholesterol: 5mg (1.67%), Sodium: 273.51mg (11.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.67g (15.33%), Vitamin K: 141.33µg (134.6%), Vitamin C: 95.53mg (115.79%), Manganese: 0.7mg (35.15%), Vitamin A: 1071.39IU (21.43%), Folate: 81.78µg (20.45%), Fiber: 4.65g (18.58%), Vitamin B6: 0.32mg (15.93%), Vitamin B2: 0.24mg (14.12%), Potassium: 465.74mg (13.31%), Phosphorus: 128.6mg (12.86%), Magnesium: 49.54mg (12.38%), Vitamin B1: 0.16mg (10.87%), Zinc: 1.52mg (10.16%), Iron: 1.82mg

(10.09%), Vitamin B3: 1.82mg (9.09%), Copper: 0.18mg (8.8%), Vitamin E: 0.85mg (5.66%), Calcium: 50.33mg (5.03%), Vitamin B5: 0.41mg (4.09%), Selenium: 1.98µg (2.82%)