



Nutty Wild Rice Salad with Kiwifruit and Red Grapes



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



306 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.5 cups chicken stock see
- ☐ 2 teaspoons honey
- ☐ 2 kiwis diced peeled
- ☐ 3 tablespoons juice of lemon
- ☐ 2 teaspoons olive oil
- ☐ 1.5 tablespoons pecans toasted chopped
- ☐ 1 cup grapes red seedless halved

☐ 1 cup rice wild

Equipment

☐ bowl

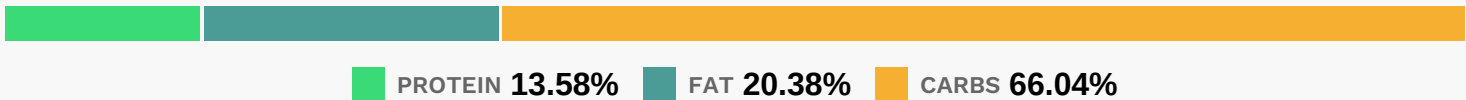
☐ sauce pan

☐ whisk

Directions

- ☐ Place broth in a medium saucepan, and bring to a boil.
- ☐ Add rice, reduce heat to low, and simmer, covered, for 45 minutes, or until tender.
- ☐ Drain excess liquid, cover and let cool.
- ☐ Whisk together lemon juice, oil, and honey in a small bowl until honey is dissolved. Season with salt and pepper.
- ☐ Place cooled rice in a salad bowl, along with kiwi, red grapes and pecans.
- ☐ Add dressing, and gently toss.

Nutrition Facts



Properties

Glycemic Index:54.23, Glycemic Load:22.53, Inflammation Score:-6, Nutrition Score:15.452173880909%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg, Delphinidin: 0.27mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 305.95kcal (15.3%), Fat: 7.22g (11.11%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 52.64g (17.55%), Net Carbohydrates: 48.05g (17.47%), Sugar: 16.62g (18.46%), Cholesterol: 4.5mg (1.5%), Sodium: 220.62mg (9.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.82g (21.64%), Vitamin C: 39.91mg (48.37%), Manganese: 0.78mg (38.79%), Vitamin B3: 5.36mg (26.8%), Vitamin K: 26.24µg (24.99%), Phosphorus: 248.15mg (24.81%), Magnesium: 92mg (23%), Copper: 0.45mg (22.38%), Zinc: 2.87mg (19.12%), Fiber: 4.59g (18.34%), Vitamin B2: 0.28mg (16.35%), Vitamin B6: 0.32mg (16.1%), Folate: 61.23µg (15.31%), Potassium: 519.29mg (14.84%), Vitamin B1: 0.16mg (10.95%), Vitamin E: 1.39mg (9.29%), Iron: 1.47mg (8.19%), Selenium: 4.73µg (6.76%), Vitamin B5: 0.58mg (5.81%), Calcium: 36.13mg (3.61%), Vitamin A: 79.38IU (1.59%)