



Orange-Pistachio Wild Rice Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



280 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 large basil leaves sliced into ribbons (1/3 cup)
- 0.7 cup brown rice
- 1.5 teaspoons dijon mustard
- 1 teaspoon honey
- 3 cups chicken broth low-sodium
- 0.3 cup olive oil
- 0.7 cup cranberry-orange relish sliced
- 1 tablespoon orange juice

- 1 teaspoon orange zest finely grated
- 3 tablespoons pistachios lightly toasted chopped
- 0.3 cup onion red minced
- 0.3 cup red wine vinegar
- 0.3 teaspoon salt
- 0.7 cup rice wild

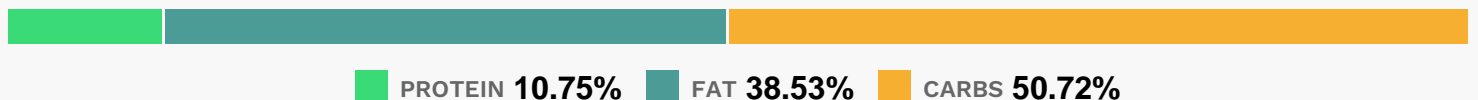
Equipment

- bowl
- sauce pan
- whisk

Directions

- Watch how to make this recipe.
- Combine brown rice, wild rice and chicken broth in a saucepan and bring to a boil. Cover, reduce heat to a simmer and cook until all water is evaporated and rice is fully cooked, about 45 to 55 minutes.
- Remove from heat and cool completely.
- When rice is cool, add orange slices, basil, red onion, pistachios and orange zest; mix to incorporate.
- Combine the red wine vinegar, olive oil, orange juice, mustard, honey and salt in a metal bowl and whisk to incorporate.
- Pour over rice mixture and toss to incorporate.

Nutrition Facts



Properties

Glycemic Index:68.09, Glycemic Load:17.58, Inflammation Score:-5, Nutrition Score:11.113478168197%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 5.79mg, Hesperetin: 5.79mg, Hesperetin: 5.79mg, Hesperetin: 5.79mg Naringenin: 3.12mg, Naringenin: 3.12mg, Naringenin: 3.12mg, Naringenin: 3.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 280.05kcal (14%), Fat: 12.25g (18.85%), Saturated Fat: 1.81g (11.33%), Carbohydrates: 36.29g (12.1%), Net Carbohydrates: 33.38g (12.14%), Sugar: 4.25g (4.73%), Cholesterol: 0mg (0%), Sodium: 149.79mg (6.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.69g (15.38%), Manganese: 1.11mg (55.28%), Phosphorus: 194.6mg (19.46%), Vitamin B3: 3.86mg (19.32%), Magnesium: 72.01mg (18%), Vitamin C: 13.41mg (16.26%), Copper: 0.28mg (13.95%), Vitamin B6: 0.28mg (13.82%), Fiber: 2.91g (11.63%), Zinc: 1.73mg (11.56%), Vitamin B1: 0.17mg (11.08%), Vitamin E: 1.58mg (10.51%), Potassium: 334.45mg (9.56%), Vitamin K: 8.57µg (8.16%), Folate: 31.8µg (7.95%), Iron: 1.32mg (7.35%), Vitamin B2: 0.11mg (6.46%), Vitamin B5: 0.6mg (5.97%), Calcium: 32.72mg (3.27%), Vitamin A: 107.19IU (2.14%), Vitamin B12: 0.12µg (1.97%), Selenium: 1.34µg (1.91%)