



 **74%**  
HEALTH SCORE

## Orange Vinaigrette Rice Salad

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

READY IN



**45 min.**

SERVINGS



**5**

CALORIES



**466 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1.3 cups brown rice uncooked
- 2 tablespoons butter
- 0.3 cup parsley fresh minced
- 6 spring onion chopped
- 5 servings cranberry-orange relish fresh
- 5 servings cranberry-orange relish
- 0.5 cup pecans toasted chopped
- 0.5 teaspoon pepper

- 0.5 teaspoon salt
- 4.3 cups water
- 0.7 cup rice wild uncooked

## Equipment

- bowl
- sauce pan

## Directions

- Bring 4 1/4 cups water to a boil in a saucepan; add wild rice. Reduce heat, and simmer 15 minutes. Stir in brown rice; cover and simmer 30 minutes or until water is absorbed. Stir in pecans and next 5 ingredients. Toss with vinaigrette.
- Transfer to a bowl; cover and chill 2 hours.
- Garnish, if desired.
- \*2 (6-ounce) packages long-grain and wild rice mix may be substituted for wild and brown rice. Omit 4 1/4 cups water; prepare mix according to package direction

## Nutrition Facts



**PROTEIN 8.33%** **FAT 26.48%** **CARBS 65.19%**

## Properties

Glycemic Index:61.15, Glycemic Load:37.38, Inflammation Score:-9, Nutrition Score:27.220000115426%

## Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Hesperetin: 49.05mg, Hesperetin: 49.05mg, Hesperetin: 49.05mg, Hesperetin: 49.05mg Naringenin: 27.58mg, Naringenin: 27.58mg, Naringenin: 27.58mg, Naringenin: 27.58mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Quercetin: 2.36mg

## Nutrients (% of daily need)

Calories: 465.95kcal (23.3%), Fat: 14.22g (21.87%), Saturated Fat: 1.95g (12.2%), Carbohydrates: 78.75g (26.25%), Net Carbohydrates: 69.82g (25.39%), Sugar: 18.16g (20.18%), Cholesterol: 0mg (0%), Sodium: 302.95mg (13.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.06g (20.12%), Manganese: 2.77mg (138.47%), Vitamin C: 102.59mg (124.35%), Vitamin K: 80.12µg (76.31%), Magnesium: 148.31mg (37.08%), Fiber: 8.94g (35.74%), Vitamin B1: 0.47mg (31.57%), Phosphorus: 290.2mg (29.02%), Copper: 0.52mg (25.77%), Folate: 100.66µg (25.17%), Vitamin B6: 0.48mg (24.24%), Vitamin B3: 4.37mg (21.86%), Vitamin A: 1012.85IU (20.26%), Zinc: 3.03mg (20.17%), Potassium: 658.79mg (18.82%), Vitamin B5: 1.56mg (15.6%), Calcium: 124.08mg (12.41%), Iron: 2.21mg (12.26%), Vitamin B2: 0.18mg (10.63%), Vitamin E: 0.93mg (6.19%), Selenium: 2.01µg (2.87%)