



Orzo and Wild Rice Salad

 Dairy Free

READY IN



180 min.

SERVINGS



4

CALORIES



532 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 2 tablespoons corn kernels drained
- ☐ 0.8 teaspoon dijon mustard
- ☐ 3 tablespoons currants dried
- ☐ 1.5 teaspoons basil fresh chopped
- ☐ 0.3 teaspoon garlic minced
- ☐ 3 tablespoons bell pepper diced green
- ☐ 0.5 teaspoon ground pepper black

- ☐ 1.5 tablespoons honey
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 cup orzo pasta
- ☐ 0.1 teaspoon pepper
- ☐ 3 tablespoons bell pepper diced red
- ☐ 3 tablespoons onion red chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 cups water
- ☐ 2 tablespoons balsamic vinegar white
- ☐ 0.5 cup rice wild
- ☐ 3 tablespoons bell pepper diced yellow

Equipment

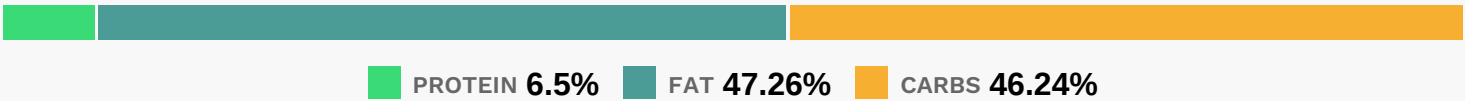
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Bring the wild rice and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the rice is tender but not mushy, 20 to 45 minutes depending on the variety of wild rice.
- ☐ Drain off any excess liquid, fluff the rice with a fork, and cook uncovered 5 minutes more. Once finished, spread into a shallow dish, and refrigerate until cold.
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add the orzo pasta, and cook until al dente, 7 to 8 minute.
- ☐ Drain, rinse with cold water, and chill.
- ☐ Place the chilled rice and orzo into a large mixing bowl. Stir in the red onion, currants, corn, yellow bell pepper, red bell pepper, and green bell pepper. Season with 2 tablespoons basil, salt, and 1/2 teaspoon pepper. In a separate bowl, whisk together the vinegar, honey, mustard,

garlic, 1/8 teaspoon pepper, and 1 1/2 teaspoons basil. Slowly whisk in the canola and olive oils until emulsified. Stir the dressing into the pasta, and refrigerate 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:122.57, Glycemic Load:25.38, Inflammation Score:-6, Nutrition Score:13.631304295167%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 531.86kcal (26.59%), Fat: 28.49g (43.84%), Saturated Fat: 3.08g (19.23%), Carbohydrates: 62.74g (20.91%), Net Carbohydrates: 59.06g (21.48%), Sugar: 17.3g (19.22%), Cholesterol: 0mg (0%), Sodium: 334mg (14.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.82g (17.64%), Manganese: 0.77mg (38.48%), Selenium: 24.87µg (35.53%), Vitamin C: 28.23mg (34.22%), Vitamin E: 4.76mg (31.75%), Vitamin K: 20.47µg (19.5%), Phosphorus: 182.67mg (18.27%), Magnesium: 66.74mg (16.69%), Copper: 0.29mg (14.73%), Fiber: 3.68g (14.7%), Zinc: 1.89mg (12.57%), Vitamin B3: 2.43mg (12.15%), Vitamin B6: 0.23mg (11.48%), Potassium: 338.05mg (9.66%), Folate: 37µg (9.25%), Iron: 1.43mg (7.94%), Vitamin B2: 0.11mg (6.67%), Vitamin B1: 0.09mg (6.2%), Vitamin A: 277.55IU (5.55%), Vitamin B5: 0.47mg (4.71%), Calcium: 34.73mg (3.47%)