



Sweet Potato-Wild Rice Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



199 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups less-sodium chicken broth fat-free
- 0.3 cup green onions chopped
- 1 tablespoon olive oil divided
- 0.3 cup orange juice concentrate undiluted thawed
- 0.3 cup raisins
- 0.3 cup delicious apple diced red
- 2 cups sweet potatoes and into cubed peeled ()
- 1 cup rice wild uncooked

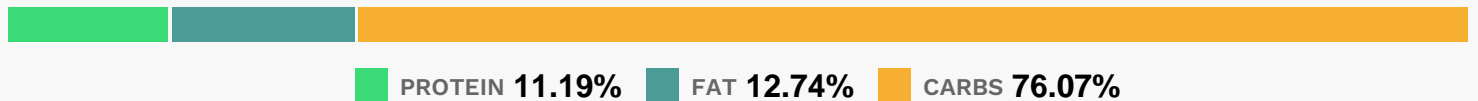
Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk

Directions

- Bring the chicken broth to a boil in a medium saucepan.
- Add rice; cover, reduce heat, and simmer 45 minutes or until liquid is absorbed.
- Preheat oven to 40
- Combine the sweet potato and 1/2 teaspoon oil in a bowl, tossing well to coat. Arrange sweet potato in a single layer on a jelly-roll pan.
- Bake at 400 for 30 minutes, turning once.
- Combine diced apples with orange juice concentrate in a small bowl.
- Drain, reserving concentrate.
- Combine 1 tablespoon oil and reserved concentrate; stir well with a whisk.
- Combine rice, concentrate mixture, apples, green onions, and raisins; gently stir in potato. Cover and chill 1 hour.
- Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:39.47, Glycemic Load:17.52, Inflammation Score:-10, Nutrition Score:14.530434805414%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin:

0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin:
0.52mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate:
0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin:
0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol:
0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg,
Myricetin: 0.01mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 198.83kcal (9.94%), Fat: 2.92g (4.49%), Saturated Fat: 0.39g (2.45%), Carbohydrates: 39.22g (13.07%),
Net Carbohydrates: 35.44g (12.89%), Sugar: 7.02g (7.8%), Cholesterol: 0mg (0%), Sodium: 493.77mg (21.47%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.53%), Vitamin A: 6384.78IU (127.7%), Manganese:
0.51mg (25.61%), Vitamin C: 19.65mg (23.82%), Magnesium: 66.55mg (16.64%), Phosphorus: 162.84mg (16.28%),
Fiber: 3.79g (15.15%), Vitamin B3: 2.9mg (14.5%), Vitamin B6: 0.26mg (13.02%), Copper: 0.26mg (12.94%),
Potassium: 440.55mg (12.59%), Zinc: 1.79mg (11.96%), Vitamin K: 11.53µg (10.99%), Folate: 43.51µg (10.88%), Vitamin
B2: 0.16mg (9.27%), Vitamin B5: 0.85mg (8.54%), Vitamin B1: 0.12mg (7.73%), Iron: 1.23mg (6.84%), Vitamin E:
0.78mg (5.18%), Selenium: 3.62µg (5.17%), Vitamin B12: 0.23µg (3.78%), Calcium: 33.07mg (3.31%)