



Wild Rice and Barley Salad



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



144 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup brown and rice mix wild uncooked
- ☐ 0.8 cup chickpeas canned rinsed drained (garbanzo beans)
- ☐ 1 teaspoon dijon mustard
- ☐ 1.5 teaspoons olive oil extravirgin
- ☐ 1.8 cups less-sodium chicken broth fat-free
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.3 cup golden raisins

- ☐ 0.3 cup green onions sliced
- ☐ 0.5 cup pearl barley uncooked
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons slivered almonds toasted

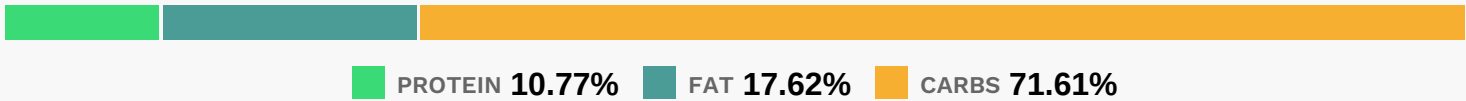
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine first 3 ingredients in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 40 minutes or until liquid is absorbed.
- ☐ Remove from heat, and let stand, covered, 5 minutes. Spoon rice mixture into a medium bowl.
- ☐ Add chickpeas, raisins, and green onions.
- ☐ Combine vinegar and next 4 ingredients (through pepper) in a small bowl; stir with a whisk.
- ☐ Pour over barley mixture; toss well. Cover; chill 2 hours. Stir in basil and almonds.

Nutrition Facts



Properties

Glycemic Index:41.47, Glycemic Load:8.31, Inflammation Score:-3, Nutrition Score:7.2799999713898%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg

Kaempferol: 0.22mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 144.22kcal (7.21%), Fat: 2.91g (4.47%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 26.57g (8.86%), Net Carbohydrates: 22.86g (8.31%), Sugar: 3.94g (4.38%), Cholesterol: 0mg (0%), Sodium: 328.58mg (14.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (7.99%), Manganese: 0.84mg (42%), Fiber: 3.72g (14.87%), Magnesium: 41.87mg (10.47%), Vitamin B6: 0.2mg (9.94%), Phosphorus: 98.22mg (9.82%), Selenium: 6.49µg (9.28%), Vitamin K: 9.59µg (9.14%), Copper: 0.17mg (8.61%), Vitamin B3: 1.57mg (7.84%), Iron: 1.09mg (6.03%), Vitamin B1: 0.09mg (6%), Vitamin E: 0.78mg (5.21%), Potassium: 180.61mg (5.16%), Zinc: 0.74mg (4.95%), Vitamin B2: 0.08mg (4.44%), Vitamin B5: 0.34mg (3.44%), Folate: 13.27µg (3.32%), Calcium: 28.92mg (2.89%), Vitamin B12: 0.1µg (1.66%), Vitamin A: 63.4IU (1.27%), Vitamin C: 0.91mg (1.1%)