



Wild Rice and Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



175 kcal

SIDE DISH

Ingredients

- 10 oz rice wild frozen thawed cooked
- 15.8 oz great northern beans rinsed drained canned
- 15 oz black beans rinsed drained canned
- 4 oz chilis green chopped canned
- 0.5 cup celery sliced (1 medium stalk)
- 0.3 cup onion chopped (1 small)
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup olive oil

- 0.3 cup vinegar
- 1 teaspoon ground mustard dry
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 2 garlic clove minced

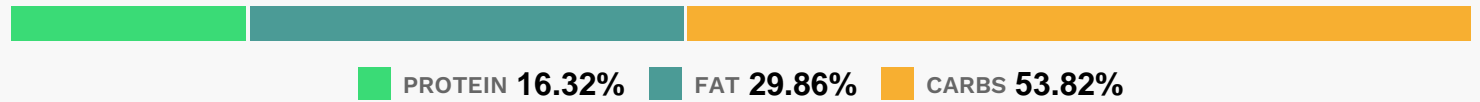
Equipment

- bowl

Directions

- In large bowl, combine all salad ingredients; stir gently to combine.
- In small bowl, combine all dressing ingredients; mix well.
- Pour dressing over salad; toss gently to coat.
- Serve immediately, or cover and refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:20.3, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:8.2360869231431%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 174.75kcal (8.74%), Fat: 5.92g (9.11%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 17.94g (6.52%), Sugar: 0.53g (0.59%), Cholesterol: 0mg (0%), Sodium: 332.05mg (14.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.28g (14.56%), Fiber: 6.08g (24.31%), Manganese: 0.41mg (20.35%), Folate: 79.15µg (19.79%), Phosphorus: 137.28mg (13.73%), Magnesium: 49.57mg (12.39%), Iron: 1.93mg (10.73%), Potassium: 358.06mg (10.23%), Copper: 0.2mg (9.86%), Vitamin B1: 0.15mg (9.74%), Vitamin C: 6.47mg (7.84%),

Vitamin B6: 0.14mg (7.1%), Vitamin B2: 0.11mg (6.61%), Zinc: 0.95mg (6.33%), Vitamin K: 6.32µg (6.02%), Vitamin E: 0.88mg (5.88%), Calcium: 49.64mg (4.96%), Vitamin B3: 0.95mg (4.74%), Selenium: 3.24µg (4.63%), Vitamin B5: 0.28mg (2.84%), Vitamin A: 67.28IU (1.35%)