



Wild Rice and Bean Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



175 kcal

SIDE DISH

Ingredients

- 15 oz black beans rinsed drained canned
- 15.8 oz great northern beans rinsed drained canned
- 0.5 cup celery sliced (1 medium stalk)
- 4.5 oz chilis green chopped canned
- 1 teaspoon ground mustard dry
- 0.3 cup cilantro leaves fresh chopped
- 2 garlic clove minced
- 0.3 cup olive oil

- 0.3 cup onion chopped (1 small)
- 0.5 teaspoon pepper
- 10 oz rice wild frozen thawed cooked
- 0.5 teaspoon salt
- 0.3 cup vinegar

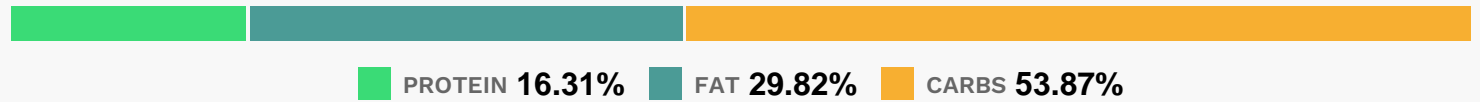
Equipment

- 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:8.2939130275146%

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: 175.05kcal (8.75%), Fat: 5.92g (9.11%), Saturated Fat: 0.86g (5.37%), Carbohydrates: 24.08g (8.03%), Net Carbohydrates: 17.98g (6.54%), Sugar: 0.53g (0.59%), Cholesterol: 0mg (0%), Sodium: 337.68mg (14.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.58%), Fiber: 6.1g (24.4%), Manganese: 0.41mg (20.35%), Folate: 79.92µg (19.98%), Phosphorus: 137.43mg (13.74%), Magnesium: 49.63mg (12.41%), Iron: 1.95mg (10.84%), Potassium: 359.66mg (10.28%), Copper: 0.2mg (9.86%), Vitamin B1: 0.15mg (9.75%), Vitamin C: 6.95mg (8.43%), Vitamin B6:

0.14mg (7.19%), Vitamin B2: 0.11mg (6.63%), Zinc: 0.95mg (6.34%), Vitamin K: 6.32µg (6.02%), Vitamin E: 0.88mg (5.88%), Calcium: 50.15mg (5.02%), Vitamin B3: 0.96mg (4.78%), Selenium: 3.24µg (4.63%), Vitamin B5: 0.28mg (2.85%), Vitamin A: 69.06IU (1.38%)