



Wild Rice and Pepper Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



385 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup green onion chopped
- 0.3 teaspoon ground pepper black
- 2 tablespoons juice of lemon
- 1 teaspoon lemon zest grated
- 0.3 cup mayonnaise reduced-fat
- 0.5 cup bell pepper red chopped
- 2 cups rice mix long grain wild cooked
- 0.3 teaspoon salt

0.5 cup bell pepper yellow chopped

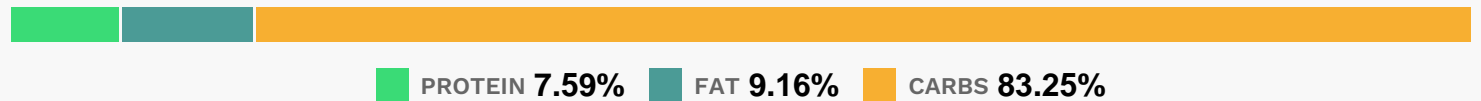
Equipment

bowl

Directions

- Combine cooked rice, red bell pepper, yellow bell pepper, green onion, lemon juice, lemon zest, salt, and pepper in a bowl.
- Stir the mayonnaise into the rice mixture.
- Cover and refrigerate until cold, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:39.3, Glycemic Load:44.86, Inflammation Score:-7, Nutrition Score:13.122174045314%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 385.02kcal (19.25%), Fat: 3.85g (5.92%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 78.68g (26.23%), Net Carbohydrates: 76.65g (27.87%), Sugar: 1.75g (1.94%), Cholesterol: 2.24mg (0.75%), Sodium: 267.99mg (11.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.18g (14.36%), Vitamin C: 62.74mg (76.05%), Manganese: 1.08mg (53.86%), Selenium: 14.46µg (20.66%), Vitamin K: 21.67µg (20.63%), Vitamin A: 693.9IU (13.88%), Vitamin B6: 0.25mg (12.3%), Phosphorus: 120.96mg (12.1%), Copper: 0.24mg (11.89%), Vitamin B5: 1.05mg (10.54%), Vitamin B3: 1.87mg (9.36%), Fiber: 2.03g (8.12%), Zinc: 1.13mg (7.52%), Magnesium: 29.87mg (7.47%), Folate: 26.96µg (6.74%), Potassium: 216.96mg (6.2%), Vitamin B1: 0.09mg (5.79%), Iron: 1.04mg (5.78%), Vitamin E: 0.75mg (5.01%), Vitamin B2: 0.07mg (4.27%), Calcium: 36.36mg (3.64%)