



WHATSheATE



HEALTH SCORE

68%

Wild Rice and Summer Succotash Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



271 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.3 teaspoon pepper black freshly ground



1 cup celery finely chopped



0.3 cup dijon mustard



3 tablespoons olive oil extravirgin



3 tablespoons basil leaves fresh chopped



0.3 cup flat-leaf parsley fresh chopped



1.5 teaspoons thyme leaves fresh chopped



1 cup baby lima beans frozen

- ☐ 1 garlic clove minced
- ☐ 1 cup cut green beans (1-inch) ()
- ☐ 2 tablespoons green onions chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup plum tomatoes diced
- ☐ 1 cup bell pepper red finely chopped
- ☐ 1 cup onion red finely chopped
- ☐ 0.3 cup red wine vinegar
- ☐ 6 romaine lettuce leaves
- ☐ 3 tablespoons slivered almonds toasted
- ☐ 3 cups water
- ☐ 1 cup rice wild

Equipment

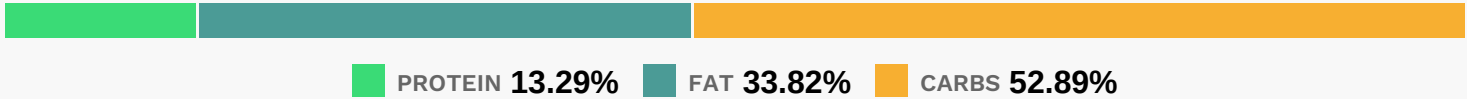
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine first 9 ingredients in a small bowl, stirring well with a whisk. Gradually add oil to the vinegar mixture, stirring constantly.
- ☐ Bring 3 cups water to a boil in a medium saucepan.
- ☐ Add rice to pan. Cook, covered, 45 minutes or until tender.
- ☐ Drain.
- ☐ Place rice in a large bowl.
- ☐ Add 1/4 cup vinegar mixture; toss well. Cool.
- ☐ Cook green beans and lima beans in boiling water 4 minutes or until tender.
- ☐ Drain. Rinse with cold water; drain.

- ☐ Add beans, remaining vinegar mixture, bell pepper, celery, onion, and tomato to rice mixture; toss well. Line each of 6 plates with 1 lettuce leaf; top each serving with about 1 1/2 cups salad mixture.
- ☐ Sprinkle each serving with 1 1/2 teaspoons almonds.

Nutrition Facts



Properties

Glycemic Index:85.67, Glycemic Load:12.18, Inflammation Score:-10, Nutrition Score:24.633043226988%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 5.89mg, Apigenin: 5.89mg, Apigenin: 5.89mg, Apigenin: 5.89mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 1.47mg, Isorhamnetin: 1.47mg, Isorhamnetin: 1.47mg, Isorhamnetin: 1.47mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg

Nutrients (% of daily need)

Calories: 271.21kcal (13.56%), Fat: 10.63g (16.35%), Saturated Fat: 1.32g (8.27%), Carbohydrates: 37.4g (12.47%), Net Carbohydrates: 29.99g (10.9%), Sugar: 5.47g (6.08%), Cholesterol: 0mg (0%), Sodium: 353.91mg (15.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.4g (18.8%), Vitamin K: 100.27µg (95.49%), Vitamin A: 4119.1IU (82.38%), Vitamin C: 50.25mg (60.91%), Manganese: 0.96mg (48.21%), Fiber: 7.42g (29.67%), Folate: 114.52µg (28.63%), Magnesium: 104.76mg (26.19%), Phosphorus: 227.45mg (22.74%), Vitamin E: 3.35mg (22.33%), Potassium: 659.79mg (18.85%), Vitamin B6: 0.37mg (18.5%), Copper: 0.34mg (16.94%), Vitamin B3: 3.16mg (15.82%), Zinc: 2.36mg (15.76%), Iron: 2.66mg (14.78%), Vitamin B2: 0.25mg (14.43%), Vitamin B1: 0.18mg (11.71%), Calcium: 84.22mg (8.42%), Selenium: 5.59µg (7.99%), Vitamin B5: 0.68mg (6.81%)