



## Wild Rice, Pecan, and Cranberry Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



317 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 8 servings pepper black freshly ground
- 0.8 cup cranberries dried coarsely chopped
- 8 servings kosher salt
- 1 teaspoon orange zest finely grated (from 1 orange)
- 0.3 cup parsley fresh italian coarsely chopped
- 1 cup pecans toasted coarsely chopped
- 4 teaspoons pomegranate molasses
- 4 teaspoons shallots finely chopped (from)

- 3 tablespoons vegetable oil
- 4 cups water
- 0.3 cup citrus champagne vinegar
- 2 cups rice wild

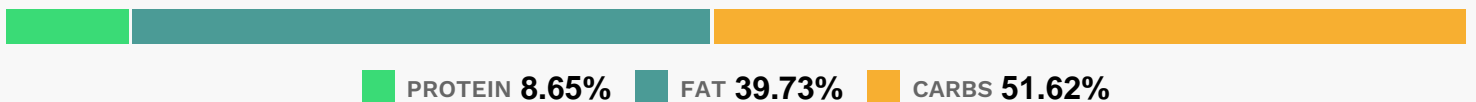
## Equipment

- bowl
- sauce pan
- sieve
- colander

## Directions

- Place the rice in a fine-mesh strainer and rinse under cold running water to wash off any dust or dirt.
- Place the rice and measured water in a medium saucepan and bring to a boil over high heat. Cover with a tightfitting lid and reduce the heat to low. Simmer undisturbed until the rice has absorbed most of the water and the grains have swollen (some may split apart to reveal their white pith), about 30 to 60 minutes. (In general, the longer and darker the kernels of rice are, the longer they need to cook.)If some liquid remains after the rice is done, drain the rice through a colander. Return it to the saucepan, fluff with a fork, and cook, uncovered, over low heat to let any excess liquid evaporate, about 1 minute.
- Transfer the rice to a large, nonreactive bowl.
- Add the pecans, cranberries, and parsley. Rewhisk the dressing, drizzle it over the rice mixture, and toss to combine. Taste and season with salt and pepper as needed. Refrigerate until thoroughly chilled and the flavors have melded, at least 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:20, Glycemic Load:15.51, Inflammation Score:-5, Nutrition Score:12.59000006966%

## Flavonoids

Cyanidin: 1.4mg, Cyanidin: 1.4mg, Cyanidin: 1.4mg, Cyanidin: 1.4mg Delphinidin: 0.91mg, Delphinidin: 0.91mg, Delphinidin: 0.91mg, Delphinidin: 0.91mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## Nutrients (% of daily need)

Calories: 316.63kcal (15.83%), Fat: 14.59g (22.44%), Saturated Fat: 1.62g (10.12%), Carbohydrates: 42.63g (14.21%), Net Carbohydrates: 38.22g (13.9%), Sugar: 10.7g (11.89%), Cholesterol: 0mg (0%), Sodium: 204.87mg (8.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.29%), Manganese: 1.14mg (57.06%), Vitamin K: 42.36µg (40.34%), Magnesium: 89.09mg (22.27%), Phosphorus: 210.88mg (21.09%), Zinc: 3mg (19.98%), Copper: 0.39mg (19.52%), Fiber: 4.42g (17.66%), Vitamin B3: 2.93mg (14.65%), Folate: 44µg (11%), Vitamin B6: 0.19mg (9.63%), Vitamin B1: 0.13mg (8.78%), Vitamin E: 1.17mg (7.82%), Vitamin B2: 0.13mg (7.44%), Iron: 1.32mg (7.32%), Potassium: 245.65mg (7.02%), Vitamin B5: 0.57mg (5.74%), Vitamin C: 3.11mg (3.77%), Vitamin A: 174.12IU (3.48%), Calcium: 26.01mg (2.6%), Selenium: 1.68µg (2.4%)