

Wild Rice Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



6

CALORIES



251 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup cranberries dried
- ☐ 0.5 cup grapes green seedless cut in half
- ☐ 6 servings kosher salt
- ☐ 2 navel oranges
- ☐ 2 tablespoons olive oil good
- ☐ 2 tablespoons orange juice freshly squeezed
- ☐ 0.5 cup pecans toasted

- ☐ 2 tablespoons raspberry vinegar
- ☐ 2 tablespoons scallions white green chopped
- ☐ 6 ounces rice long-grain wild

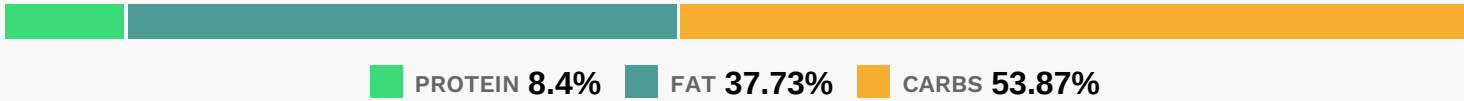
Equipment

- ☐ bowl
- ☐ knife
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the wild rice in a medium pot with 4 cups of water and 2 teaspoons of salt and bring to a boil. Simmer uncovered for 50 to 60 minutes, until the rice is very tender.
- ☐ Drain well and place the rice back in the pot. Cover and allow to steam for 10 minutes.
- ☐ While the rice is still warm, place it in a mixing bowl. Peel the oranges with a sharp knife, removing all the white pith.
- ☐ Cut between the membranes and add the orange sections to the bowl with the rice.
- ☐ Add the olive oil, orange juice, raspberry vinegar, grapes, pecans, cranberries, scallions, 1/2 teaspoon of salt, and the pepper. Allow to sit for 30 minutes for the flavors to blend. Taste for seasonings and serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:44.67, Glycemic Load:12.31, Inflammation Score:-5, Nutrition Score:10.931739060775%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg

Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 10.88mg, Hesperetin: 10.88mg, Hesperetin: 10.88mg Naringenin: 3.43mg, Naringenin: 3.43mg, Naringenin: 3.43mg, Naringenin: 3.43mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 251.23kcal (12.56%), Fat: 11.08g (17.04%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 35.58g (11.86%), Net Carbohydrates: 31.52g (11.46%), Sugar: 11.16g (12.4%), Cholesterol: 0mg (0%), Sodium: 197.5mg (8.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.1%), Manganese: 0.82mg (41.1%), Vitamin C: 31.29mg (37.93%), Magnesium: 67.94mg (16.99%), Fiber: 4.06g (16.25%), Phosphorus: 161.63mg (16.16%), Copper: 0.29mg (14.59%), Zinc: 2.13mg (14.2%), Folate: 47.87µg (11.97%), Vitamin B3: 2.29mg (11.45%), Vitamin K: 10.28µg (9.79%), Vitamin B6: 0.18mg (9.09%), Vitamin B1: 0.13mg (8.97%), Vitamin E: 1.23mg (8.23%), Potassium: 281.66mg (8.05%), Vitamin B2: 0.12mg (7.21%), Iron: 0.98mg (5.47%), Vitamin B5: 0.53mg (5.29%), Calcium: 36.83mg (3.68%), Vitamin A: 165.76IU (3.32%), Selenium: 1.18µg (1.69%)