



Wild Rice Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



377 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 5 cups chicken broth
- ☐ 0.5 cup cranberries dried
- ☐ 4 tablespoons olive oil extra virgin
- ☐ 4 servings salt and pepper
- ☐ 1 bunch spring onion thinly sliced
- ☐ 1 cup rice wild rinsed

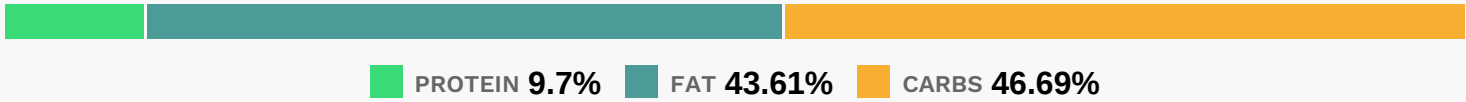
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Place rice in a large sauce pot.
- ☐ Add chicken broth and bring liquid to a boil. Continue to boil, uncovered, until rice is tender, about 45 minutes.
- ☐ Drain rice and place in a bowl.
- ☐ Add almonds, cranberries, and scallions. Stir to combine.
- ☐ Add olive oil and toss to coat. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:15.55, Inflammation Score:-5, Nutrition Score:13.170434905135%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 377.16kcal (18.86%), Fat: 19.05g (29.31%), Saturated Fat: 2.34g (14.62%), Carbohydrates: 45.89g (15.3%), Net Carbohydrates: 41.5g (15.09%), Sugar: 13.74g (15.26%), Cholesterol: 5.88mg (1.96%), Sodium: 1288.48mg (56.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.53g (19.07%), Manganese: 0.89mg (44.61%), Vitamin E: 4.78mg (31.84%), Magnesium: 96.25mg (24.06%), Phosphorus: 225.26mg (22.53%), Vitamin B2: 0.37mg (22.03%), Vitamin K: 22.76µg (21.68%), Zinc: 2.87mg (19.12%), Vitamin B3: 3.73mg (18.64%), Fiber: 4.4g (17.59%), Copper: 0.35mg (17.37%), Folate: 45.21µg (11.3%), Vitamin B6: 0.18mg (8.82%), Potassium: 304.04mg (8.69%),

Vitamin B1: 0.13mg (8.58%), Iron: 1.5mg (8.34%), Vitamin B5: 0.53mg (5.29%), Calcium: 46.72mg (4.67%), Selenium: 2.74µg (3.91%), Vitamin A: 73.37IU (1.47%), Vitamin C: 1.16mg (1.4%)