



Wild Rice Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



41 min.

SERVINGS



6

CALORIES



106 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup grape tomatoes
- 2 spring onion
- 6 servings pepper black freshly ground
- 2 tablespoons lemon infused olive oil
- 0.5 orange zest juiced
- 6 ounce rice long-grain wild

Equipment

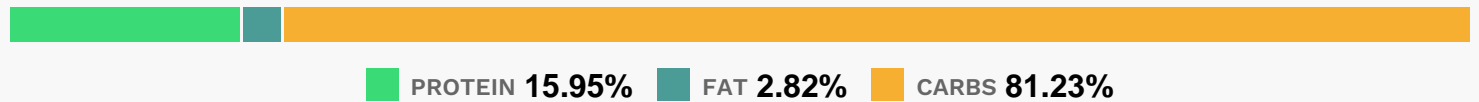
- bowl

whisk

Directions

- Prepare the rice according to package directions without the package of seasoning. Set aside to cool to room temperature.
- In a large bowl combine the onions and tomatoes.
- Whisk together the oil, orange zest and juice and salt and pepper, to taste, in a small bowl.
- Pour the oil mixture over onions and tomatoes and add the cooled rice. Toss to combine, then cover the bowl and refrigerate until ready to serve. Can be served cold or at room temperature.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:11.11, Inflammation Score:-4, Nutrition Score:6.0756521639617%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 105.94kcal (5.3%), Fat: 0.34g (0.53%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 22.32g (7.44%), Net Carbohydrates: 20.18g (7.34%), Sugar: 1.13g (1.25%), Cholesterol: 0mg (0%), Sodium: 3.3mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.77%), Manganese: 0.41mg (20.5%), Magnesium: 52.74mg (13.18%), Phosphorus: 127.58mg (12.76%), Zinc: 1.73mg (11.53%), Vitamin B3: 2.01mg (10.07%), Vitamin K: 9.96µg (9.49%), Fiber: 2.14g (8.57%), Copper: 0.16mg (8.07%), Folate: 31.67µg (7.92%), Vitamin B6: 0.13mg (6.26%), Vitamin B2: 0.08mg (4.76%), Potassium: 164.97mg (4.71%), Vitamin C: 3.81mg (4.62%), Iron: 0.67mg (3.7%), Vitamin B5: 0.32mg (3.25%), Vitamin A: 153.44IU (3.07%), Vitamin B1: 0.04mg (2.71%), Vitamin E: 0.33mg (2.17%), Calcium: 12.13mg (1.21%), Selenium: 0.83µg (1.19%)