



Wild Rice Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



385 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup rice wild
- ☐ 1 cup basmati long grain
- ☐ 4 cups chicken broth
- ☐ 2 cups celery sliced
- ☐ 1 cup green onions sliced
- ☐ 2 cups peas frozen thawed
- ☐ 0.5 cup pinenuts
- ☐ 0.8 cup cranberries dried

- ☐ 8 servings salt and pepper
- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 Tbsp red wine vinegar
- ☐ 1 teaspoon sugar
- ☐ 2 Tbsp sesame oil dark

Equipment

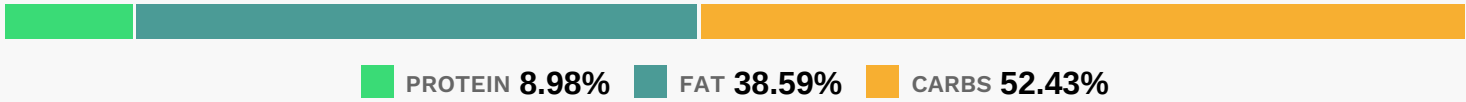
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Put the chicken broth in a medium sized saucepan.
- ☐ Add the wild rice and bring to a boil, reduce heat to low, cover.
- ☐ Let cook for 25 minutes.
- ☐ After 25 minutes, sprinkle in the basmati or long grain rice. Return to a boil, and lower heat to a simmer. Cook for an additional 15 –20 minutes, until the rice is cooked through. (If there is still liquid in the pot, uncover the pot and boil it off.)
- ☐ Remove from heat and let sit, covered, for 10 minutes.
- ☐ Fluff with a fork.
- ☐ Spread the rice out on a large sheet pan to cool quickly.
- ☐ Heat a small skillet on medium high heat.
- ☐ Add the pine nuts. Cook, stirring frequently, until lightly toasted.
- ☐ Remove pine nuts from pan and let cool.
- ☐ Whisk together the olive oil, red wine vinegar, sugar, and sesame oil.
- ☐ Toss rice with salad ingredients and dressing: In a large bowl gently mix together the cooled cooked rice, chopped celery, green onions, peas, dried cranberries, pine nuts, and dressing.

- ☐ Add salt and pepper to taste, if needed.
- ☐ Chill completely before serving.

Nutrition Facts



Properties

Glycemic Index:36.95, Glycemic Load:20.87, Inflammation Score:-7, Nutrition Score:16.797391502754%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg, Quercetin: 1.94mg

Nutrients (% of daily need)

Calories: 384.78kcal (19.24%), Fat: 16.97g (26.11%), Saturated Fat: 1.98g (12.38%), Carbohydrates: 51.9g (17.3%), Net Carbohydrates: 46.65g (16.96%), Sugar: 12.77g (14.19%), Cholesterol: 2.35mg (0.78%), Sodium: 657.46mg (28.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.89g (17.78%), Manganese: 1.54mg (77.05%), Vitamin K: 52.62µg (50.11%), Phosphorus: 217.45mg (21.75%), Vitamin C: 17.74mg (21.5%), Fiber: 5.25g (21%), Magnesium: 81.38mg (20.35%), Copper: 0.38mg (18.77%), Zinc: 2.61mg (17.43%), Vitamin B3: 3.31mg (16.55%), Vitamin E: 2.47mg (16.45%), Folate: 64.37µg (16.09%), Vitamin B1: 0.2mg (13.64%), Vitamin B2: 0.23mg (13.4%), Iron: 2mg (11.08%), Potassium: 379.25mg (10.84%), Vitamin B6: 0.22mg (10.8%), Vitamin A: 523.91IU (10.48%), Selenium: 5.48µg (7.83%), Vitamin B5: 0.62mg (6.2%), Calcium: 46.33mg (4.63%)