



Wild Rice Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



142 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

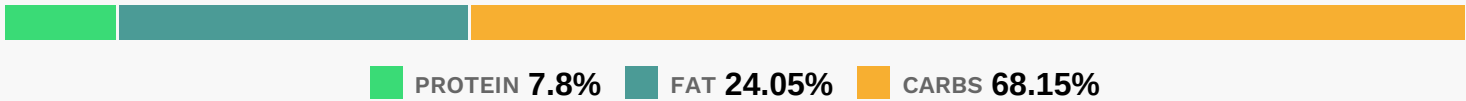
- ☐ 2 tablespoons cherries dried chopped
- ☐ 0.3 cup green onions chopped
- ☐ 2 tablespoons pecans chopped
- ☐ 1 cup fast-cooking and rice wild white

Equipment

Directions

Cook rice per directions, omitting seasoning. Stir in green onions, dried cherries, and chopped pecans.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.12, Inflammation Score:-5, Nutrition Score:5.8669565086779%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 142.1kcal (7.11%), Fat: 3.81g (5.87%), Saturated Fat: 0.34g (2.15%), Carbohydrates: 24.32g (8.11%), Net Carbohydrates: 22.57g (8.21%), Sugar: 4.24g (4.71%), Cholesterol: 0mg (0%), Sodium: 4.35mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.57%), Manganese: 0.45mg (22.34%), Folate: 64.22µg (16.06%), Vitamin B1: 0.24mg (15.7%), Vitamin K: 13.13µg (12.51%), Selenium: 8.23µg (11.75%), Iron: 1.7mg (9.42%), Vitamin B3: 1.6mg (7.99%), Fiber: 1.76g (7.03%), Vitamin A: 331.36IU (6.63%), Copper: 0.1mg (5.16%), Phosphorus: 41.53mg (4.15%), Zinc: 0.56mg (3.72%), Magnesium: 10.31mg (2.58%), Vitamin B6: 0.04mg (2.03%), Calcium: 19.48mg (1.95%), Vitamin C: 1.23mg (1.49%), Vitamin B5: 0.14mg (1.41%), Potassium: 43.56mg (1.24%), Vitamin B2: 0.02mg (1.03%)