



WHATSheATE



Wild Rice Salad with Cranberries and Pecans



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



378 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup brown rice rice mix wild
- ☐ 2.3 cups water (see package instructions)
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cranberries dried
- ☐ 0.5 cup pecans toasted chopped (or un-toasted, your choice)
- ☐ 0.3 cup green onions sliced
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons olive oil extra virgin

- ☐ 1 teaspoon orange peel grated
- ☐ 4 servings salt and pepper freshly ground

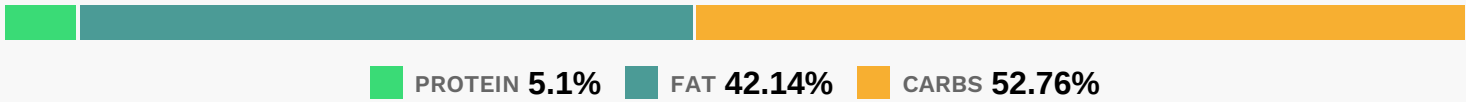
Equipment

- ☐ bowl
- ☐ stove

Directions

- ☐ Make the rice: Use the amount of water for the rice according to instructions on the rice package. Typically straight brown rice is a 1:2 ratio of rice to water. Straight wild rice is a ratio of 1:3 of wild rice to water. For this brown rice wild rice mix that I got from a bin (no package) I used a ratio of 1 cup of rice to 2 1/3 cups of water.
- ☐ Bring rice, 1/2 teaspoon salt, and water to a boil, reduce heat to low, cover and cook for 50 minutes. Do not stir. Do not uncover.
- ☐ Remove from stove and let sit, covered for 10 minutes.
- ☐ Then uncover, fluff up with a fork, and let cool to almost room temperature.
- ☐ Mix the rice with the dried cranberries, pecans, green onions: In a medium sized serving bowl, mix the rice, cranberries, pecans, and green onions together.
- ☐ Make the dressing: In a separate jar, mix the lemon juice, olive oil, orange peel, and salt and pepper to taste.
- ☐ Just before serving, mix dressing in with the rice mixture.
- ☐ Serve warm, chilled, or room temperature.

Nutrition Facts



Properties

Glycemic Index:25.19, Glycemic Load:20.46, Inflammation Score:-4, Nutrition Score:12.85869562885%

Flavonoids

Cyanidin: 1.55mg, Cyanidin: 1.55mg, Cyanidin: 1.55mg, Cyanidin: 1.55mg Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg

Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg
Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3–gallate:
0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg
Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin:
0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg,
Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg,
Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol:
0.09mg, Kaempferol: 0.09mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg
Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 377.96kcal (18.9%), Fat: 18.27g (28.11%), Saturated Fat: 2.08g (13%), Carbohydrates: 51.46g (17.15%), Net
Carbohydrates: 47.51g (17.28%), Sugar: 11.78g (13.09%), Cholesterol: 0mg (0%), Sodium: 495.23mg (21.53%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.95%), Manganese: 2.44mg (122.15%), Magnesium:
87.99mg (22%), Vitamin B1: 0.29mg (19.53%), Vitamin K: 18.78µg (17.89%), Phosphorus: 167.07mg (16.71%), Copper:
0.33mg (16.67%), Fiber: 3.95g (15.81%), Vitamin B6: 0.28mg (14.13%), Vitamin B3: 2.33mg (11.65%), Zinc: 1.63mg
(10.9%), Vitamin E: 1.56mg (10.39%), Vitamin B5: 0.87mg (8.72%), Iron: 1.4mg (7.79%), Potassium: 212.93mg (6.08%),
Folate: 17.4µg (4.35%), Vitamin C: 3.49mg (4.23%), Calcium: 36.62mg (3.66%), Vitamin B2: 0.05mg (2.85%),
Vitamin A: 72.27IU (1.45%)