



Wild Rice-Sweet Potato Salad with Pears



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons apple cider
- ☐ 1.3 cups purée of usa bartlett pear diced cored peeled (2 pears)
- ☐ 3 tablespoons cider vinegar
- ☐ 2 tablespoons sesame oil dark
- ☐ 0.5 teaspoon rubbed sage dried
- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions sliced
- ☐ 0.5 teaspoon juice of lemon fresh

- ☐ 1 tablespoon orange juice concentrate thawed
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sesame seed toasted
- ☐ 1 cup sweet potatoes and into diced peeled
- ☐ 2 cups water
- ☐ 1 cup rice wild uncooked
- ☐ 1 cup bell pepper diced yellow (1 pepper)

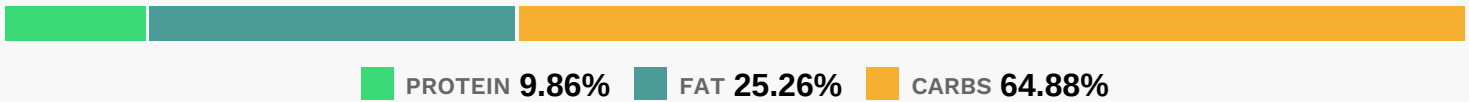
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ To prepare the salad, bring water to a boil in a medium saucepan.
- ☐ Add wild rice; cover, reduce heat, and simmer 1 hour or until tender. Set aside.
- ☐ Cook diced sweet potato in boiling water for 5 minutes or until tender.
- ☐ Drain and rinse with cold water; drain well. Set aside.
- ☐ Combine pear and lemon juice in a large bowl, and toss to coat.
- ☐ Add the cooked wild rice, sweet potato, bell pepper, green onions, sesame seeds, and salt; toss well.
- ☐ To prepare the vinaigrette, combine vinegar and remaining ingredients; stir well with a whisk.
- ☐ Pour over rice mixture, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:41.59, Glycemic Load:10.88, Inflammation Score:-9, Nutrition Score:10.273913088052%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 150.25kcal (7.51%), Fat: 4.32g (6.64%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 24.96g (8.32%), Net Carbohydrates: 22.09g (8.03%), Sugar: 4.66g (5.17%), Cholesterol: 0mg (0%), Sodium: 306.11mg (13.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.59%), Vitamin A: 2444.9IU (48.9%), Vitamin C: 39.16mg (47.47%), Manganese: 0.4mg (19.75%), Magnesium: 49.27mg (12.32%), Fiber: 2.87g (11.48%), Copper: 0.22mg (11.23%), Phosphorus: 111.47mg (11.15%), Zinc: 1.4mg (9.33%), Vitamin B3: 1.73mg (8.66%), Vitamin B6: 0.17mg (8.54%), Vitamin K: 8.63µg (8.22%), Folate: 31.56µg (7.89%), Potassium: 241.15mg (6.89%), Vitamin B2: 0.08mg (4.88%), Iron: 0.85mg (4.72%), Vitamin B5: 0.41mg (4.07%), Vitamin B1: 0.06mg (4.05%), Calcium: 29.64mg (2.96%), Vitamin E: 0.32mg (2.11%), Selenium: 1.17µg (1.68%)