



Wild Rice with Smoked Fish and Snap Peas



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



8

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons cider vinegar
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 6 large hardboiled eggs quartered
- ☐ 3 tablespoons mustard coarse-grain
- ☐ 2.8 teaspoons salt
- ☐ 1 cup scallions thinly sliced
- ☐ 0.5 lb trout smoked flaked
- ☐ 2.5 teaspoons sugar

- ☐ 1 pound sugar snap peas trimmed
- ☐ 0.3 cup vegetable oil
- ☐ 0.8 pound rice wild

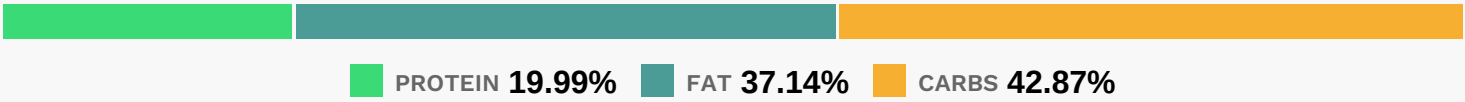
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Bring 4 quarts water and 2 teaspoons salt to a boil in a 5-quart pot.
- ☐ Add wild rice and simmer, partially covered, until rice is tender and grains are split open, 1 to 1 1/4 hours.
- ☐ Drain rice well in a large sieve or colander.
- ☐ Meanwhile, cook snap peas in a 4-quart saucepan of salted boiling water until crisp-tender, about 2 minutes, then transfer with a slotted spoon to a bowl of ice and cold water to stop cooking.
- ☐ Drain peas, then pat dry between paper towels and cut each pod diagonally in half.
- ☐ Whisk together vinegar, mustard, sugar, and remaining 3/4 teaspoon salt in a bowl, then add oil in a slow stream, whisking until combined well.
- ☐ Whisk in dill.
- ☐ Combine peas, salmon, scallions, and eggs with warm rice in a large bowl.
- ☐ Drizzle with dressing and toss gently.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:30.64, Glycemic Load:17.48, Inflammation Score:-8, Nutrition Score:23.828260815662%

Flavonoids

Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 361.48kcal (18.07%), Fat: 15.1g (23.23%), Saturated Fat: 2.98g (18.63%), Carbohydrates: 39.2g (13.07%), Net Carbohydrates: 34.48g (12.54%), Sugar: 5.39g (5.99%), Cholesterol: 146.4mg (48.8%), Sodium: 1138.75mg (49.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.29g (36.57%), Vitamin K: 57.79µg (55.04%), Vitamin C: 38.06mg (46.13%), Manganese: 0.8mg (40.12%), Vitamin D: 5.67µg (37.82%), Selenium: 24.33µg (34.75%), Phosphorus: 337.62mg (33.76%), Magnesium: 104.31mg (26.08%), Vitamin B3: 4.69mg (23.47%), Vitamin B2: 0.4mg (23.38%), Folate: 92.61µg (23.15%), Vitamin A: 1123.83IU (22.48%), Vitamin B12: 1.34µg (22.34%), Zinc: 3.28mg (21.84%), Vitamin B6: 0.4mg (19.82%), Fiber: 4.72g (18.87%), Copper: 0.36mg (17.81%), Iron: 3.12mg (17.36%), Vitamin B5: 1.69mg (16.87%), Vitamin E: 2.17mg (14.47%), Potassium: 453.52mg (12.96%), Vitamin B1: 0.18mg (12.26%), Calcium: 72.7mg (7.27%)