



10-Minute Tomato-Basil Rice Salad

 **Gluten Free**

READY IN



10 min.

SERVINGS



6

CALORIES



144 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups rice cooked
- 0.5 tsp basil leaves dried
- 1 large bell pepper green chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 0.3 cup parmesan cheese grated kraft
- 1 large tomatoes chopped

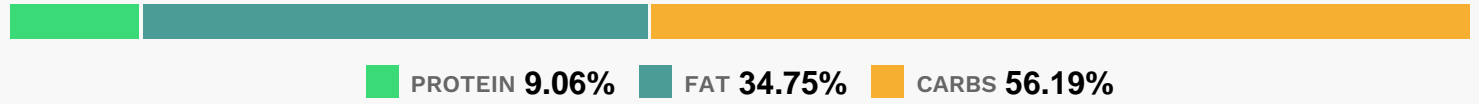
Equipment

- bowl

Directions

- Mix all ingredients except cheese in large bowl.
- Sprinkle with cheese; toss lightly.
- Serve immediately. Or, cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:16.33, Inflammation Score:-4, Nutrition Score:6.2173912453911%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 144.21kcal (7.21%), Fat: 5.56g (8.55%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 20.23g (6.74%), Net Carbohydrates: 19.14g (6.96%), Sugar: 3.6g (4%), Cholesterol: 3.63mg (1.21%), Sodium: 270.33mg (11.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.52%), Vitamin C: 26.21mg (31.77%), Manganese: 0.34mg (16.88%), Vitamin K: 17.46µg (16.63%), Selenium: 5.8µg (8.29%), Vitamin A: 397.77IU (7.96%), Vitamin B6: 0.15mg (7.6%), Phosphorus: 65.07mg (6.51%), Calcium: 53.03mg (5.3%), Vitamin E: 0.75mg (4.99%), Potassium: 165.34mg (4.72%), Fiber: 1.08g (4.33%), Copper: 0.08mg (4.01%), Magnesium: 15.66mg (3.91%), Zinc: 0.55mg (3.65%), Vitamin B1: 0.04mg (2.83%), Vitamin B3: 0.56mg (2.78%), Vitamin B5: 0.27mg (2.74%), Iron: 0.45mg (2.53%), Folate: 9.48µg (2.37%), Vitamin B2: 0.04mg (2.12%)