



## Artichoke-Rice Salad

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



267 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 14.5 ounce chicken broth canned
- 0.5 teaspoon curry powder
- 2 green onions chopped
- 0.5 cup mayonnaise light
- 12 ounce marinated artichoke hearts drained cut into quarters
- 8 pimiento-stuffed olives sliced
- 1 cup rice long-grain uncooked

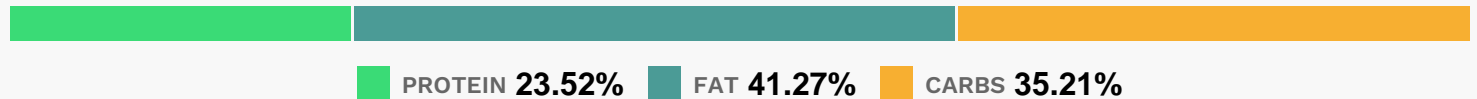
### Equipment

sauce pan

## Directions

- Bring chicken broth and rice to a boil in saucepan over medium heat. Cover, reduce heat, and simmer 20 minutes or until tender. Cool slightly.
- Stir together rice, artichoke, next 4 ingredients, and, if desired, water chestnuts; cover and chill at least 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:12.27, Glycemic Load:11.18, Inflammation Score:-5, Nutrition Score:6.801304437544%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 266.73kcal (13.34%), Fat: 11.88g (18.28%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 22.82g (7.61%), Net Carbohydrates: 21.41g (7.79%), Sugar: 1.05g (1.16%), Cholesterol: 27.93mg (9.31%), Sodium: 589.14mg (25.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.24g (30.48%), Selenium: 13.39µg (19.12%), Vitamin K: 15.11µg (14.39%), Manganese: 0.26mg (13.14%), Vitamin C: 9.51mg (11.53%), Vitamin A: 572.85IU (11.46%), Phosphorus: 109.02mg (10.9%), Zinc: 1.56mg (10.43%), Vitamin B12: 0.51µg (8.56%), Vitamin B3: 1.63mg (8.17%), Iron: 1.28mg (7.11%), Vitamin B6: 0.14mg (7.02%), Fiber: 1.4g (5.61%), Vitamin E: 0.69mg (4.62%), Copper: 0.09mg (4.38%), Magnesium: 17.18mg (4.3%), Vitamin B2: 0.07mg (3.87%), Potassium: 121.44mg (3.47%), Calcium: 27.85mg (2.79%), Vitamin B5: 0.25mg (2.46%), Folate: 5.67µg (1.42%), Vitamin B1: 0.02mg (1.34%)