



## Artichoke-Rice Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



200 min.

SERVINGS



8

CALORIES



162 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 cup rice long-grain white uncooked
- 2 cups water
- 0.3 cup parsley fresh chopped
- 0.3 cup spring onion chopped
- 0.5 cup bell pepper red chopped
- 14 oz artichoke hearts drained cut into fourths canned
- 0.3 cup vegetable oil
- 1 tablespoon lemon zest grated

- 3 tablespoons juice of lemon fresh
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 1 clove garlic finely chopped

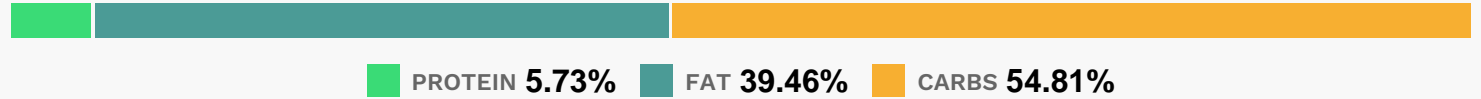
## Equipment

- bowl
- whisk

## Directions

- Cook rice in water as directed on package.
- In medium bowl, mix rice and remaining salad ingredients. In small bowl, mix all vinaigrette ingredients with wire whisk until blended.
- Add to salad; toss to mix. Cover and refrigerate at least 3 hours until chilled.

## Nutrition Facts



## Properties

Glycemic Index:27.4, Glycemic Load:11.35, Inflammation Score:-5, Nutrition Score:6.2373912593593%

## Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## Nutrients (% of daily need)

Calories: 162.48kcal (8.12%), Fat: 7.03g (10.82%), Saturated Fat: 1.09g (6.83%), Carbohydrates: 21.98g (7.33%), Net Carbohydrates: 20.46g (7.44%), Sugar: 1.07g (1.19%), Cholesterol: 0mg (0%), Sodium: 334.74mg (14.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.59%), Vitamin K: 50.34µg (47.94%), Vitamin C: 18.26mg (22.14%), Manganese: 0.29mg (14.27%), Vitamin A: 481.77IU (9.64%), Fiber: 1.52g (6.09%), Vitamin E: 0.77mg (5.15%),

Selenium: 3.59µg (5.13%), Vitamin B6: 0.08mg (3.87%), Copper: 0.07mg (3.55%), Phosphorus: 32.47mg (3.25%), Folate: 12.23µg (3.06%), Vitamin B5: 0.29mg (2.87%), Vitamin B3: 0.51mg (2.57%), Magnesium: 9.71mg (2.43%), Iron: 0.41mg (2.29%), Zinc: 0.32mg (2.16%), Potassium: 74.61mg (2.13%), Vitamin B1: 0.03mg (1.81%), Calcium: 16.13mg (1.61%), Vitamin B2: 0.03mg (1.5%)