



Balsamic Brown Rice Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



195 min.

SERVINGS



4

CALORIES



344 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup brown rice
- ☐ 0.5 cup celery diced
- ☐ 0.3 cup cranberries dried
- ☐ 1 tablespoon splenda® no calorie sweetener
- ☐ 0.3 cup onion diced red
- ☐ 0.5 cup balsamic vinaigrette salad dressing
- ☐ 2 cups water

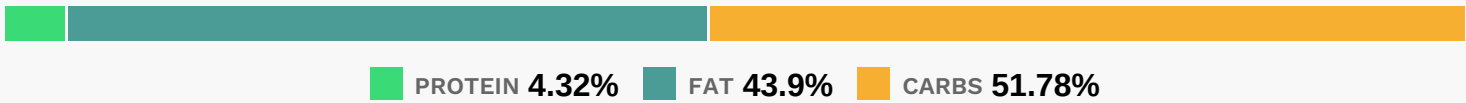
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a saucepan, bring water to a boil. Stir in rice, cover, and reduce heat to low. Simmer for 45 to 60 minutes, or until done.
- ☐ Transfer rice to a serving bowl, and stir in onion, celery, cranberries, salad dressing, and SLENDA® Granulated Sweetener. Cover, refrigerate, and serve cold.

Nutrition Facts



Properties

Glycemic Index:41.94, Glycemic Load:20.91, Inflammation Score:-4, Nutrition Score:11.259999837564%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 343.88kcal (17.19%), Fat: 17.04g (26.22%), Saturated Fat: 3.11g (19.47%), Carbohydrates: 45.23g (15.08%), Net Carbohydrates: 42.84g (15.58%), Sugar: 7.48g (8.31%), Cholesterol: 0mg (0%), Sodium: 19.01mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Manganese: 1.82mg (91.2%), Vitamin K: 35.19µg (33.51%), Magnesium: 71.8mg (17.95%), Vitamin B1: 0.2mg (13.63%), Vitamin B6: 0.27mg (13.3%), Phosphorus: 131.94mg (13.19%), Vitamin E: 1.64mg (10.91%), Vitamin B3: 2.14mg (10.7%), Fiber: 2.39g (9.55%), Copper: 0.16mg (8.18%), Vitamin B5: 0.77mg (7.69%), Zinc: 1.01mg (6.75%), Potassium: 180.97mg (5.17%), Iron: 0.93mg (5.17%), Folate: 15.94µg (3.99%), Calcium: 27.26mg (2.73%), Vitamin B2: 0.03mg (1.91%), Vitamin C: 1.15mg (1.39%), Vitamin A: 56.89IU (1.14%)