



Basmati-Rice Salad with Cauliflower and Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



567 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound baking potatoes peeled cut into 1/2-inch dice 2
- ☐ 1.5 cups rice rinsed
- ☐ 2 pounds cauliflower cut into small florets
- ☐ 0.3 teaspoon cayenne
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 3 tablespoons cooking oil
- ☐ 0.8 teaspoon mustard dry

- ☐ 1 tablespoon ginger fresh minced
- ☐ 2 cloves garlic minced
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 onions sliced thin
- ☐ 2 tablespoons yogurt plain
- ☐ 3 tablespoons raisins
- ☐ 2 teaspoons salt
- ☐ 4 scallions including tops green chopped
- ☐ 3.5 cups water
- ☐ 3 tablespoons red-wine vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a medium pot of salted water to a boil. Stir in the rice; boil until just done, 10 to 15 minutes.
- ☐ Drain and transfer to a large bowl.
- ☐ Let the rice cool slightly and then stir in the yogurt.
- ☐ Meanwhile, in a large frying pan, heat the oil over moderate heat.
- ☐ Add the onions and cook, stirring occasionally, until translucent, about 5 minutes.
- ☐ Add the garlic, ginger, mustard, cumin, cayenne, coriander, cloves, and 1 3/4 teaspoons of the salt and cook, stirring, for 1 minute. Stir in the cauliflower, potatoes, and raisins and coat with the spices.
- ☐ Add 2 tablespoons of the vinegar and the water and bring to a boil. Reduce the heat and simmer, covered, until the potatoes are almost tender, about 10 minutes. Uncover, raise the

heat, and simmer until almost no liquid remains in the pan, about 10 minutes more.

- ☐
- Add the cauliflower mixture to the rice. Stir in the remaining 1/4 teaspoon of salt, 1 tablespoon vinegar, the cilantro, and scallions. Taste the salad and, if necessary, add the remaining 1 tablespoon vinegar.
- ☐
- Wine Recommendation: Basmati's spice and jasmine aromas suggest a floral Vouvray from France's Loire Valley. You'll need a demi-sec to stand up to the spices here.

Nutrition Facts



Properties

Glycemic Index:107.18, Glycemic Load:58, Inflammation Score:-8, Nutrition Score:29.177391112175%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 14.76mg, Quercetin: 14.76mg, Quercetin: 14.76mg, Quercetin: 14.76mg

Nutrients (% of daily need)

Calories: 567.11kcal (28.36%), Fat: 12.39g (19.07%), Saturated Fat: 1.5g (9.38%), Carbohydrates: 103.79g (34.6%), Net Carbohydrates: 94.58g (34.39%), Sugar: 8.3g (9.22%), Cholesterol: 1.3mg (0.43%), Sodium: 1264.95mg (55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.51g (27.02%), Vitamin C: 124.07mg (150.39%), Manganese: 1.51mg (75.33%), Vitamin K: 76.27µg (72.64%), Vitamin B6: 1.05mg (52.48%), Folate: 172.11µg (43.03%), Potassium: 1490.57mg (42.59%), Fiber: 9.21g (36.85%), Phosphorus: 289.69mg (28.97%), Vitamin B5: 2.71mg (27.05%), Magnesium: 96.73mg (24.18%), Copper: 0.48mg (23.88%), Vitamin B1: 0.31mg (20.78%), Selenium: 14.01µg (20.01%), Vitamin B3: 3.78mg (18.88%), Iron: 3.36mg (18.66%), Vitamin B2: 0.28mg (16.18%), Vitamin E: 2.31mg (15.41%), Calcium: 136.17mg (13.62%), Zinc: 2.02mg (13.44%), Vitamin A: 320.69IU (6.41%)