



Basmati Rice with Summer Vegetable Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



319 kcal

SIDE DISH

Ingredients

- ☐ 2 cups summer squash assorted (such as radishes, tomatoes, peas, summer squash)
- ☐ 2 cups basmati rice cooled cooked
- ☐ 2 tablespoons flat parsley chopped
- ☐ 2 teaspoons thyme sprigs fresh
- ☐ 4 servings pepper freshly ground
- ☐ 0.8 cup the salad mixed
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 tablespoons pinenuts toasted

- ☐ 2 tablespoons red wine vinegar
- ☐ 1 small shallots chopped
- ☐ 0.3 cup onion white red yellow chopped

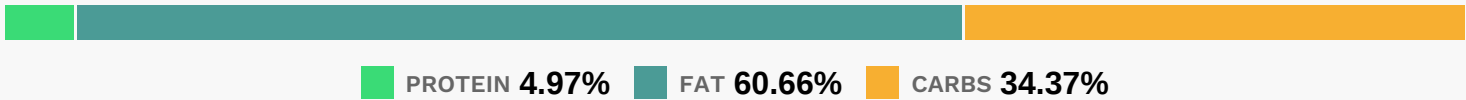
Equipment

- ☐ blender

Directions

- ☐ Pulse first 4 ingredients in a blender until combined; season with salt and pepper. With blender running, slowly drizzle in oil. Process dressing until well blended.
- ☐ Place remaining ingredients in a large bowl; drizzle with 3 tablespoons dressing and toss to coat. Pass remaining dressing alongside for drizzling over.

Nutrition Facts



Properties

Glycemic Index:76.75, Glycemic Load:24.93, Inflammation Score:-8, Nutrition Score:11.141739275144%

Flavonoids

Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg, Apigenin: 4.35mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 318.95kcal (15.95%), Fat: 21.8g (33.54%), Saturated Fat: 2.83g (17.69%), Carbohydrates: 27.79g (9.26%), Net Carbohydrates: 26.01g (9.46%), Sugar: 2.54g (2.82%), Cholesterol: 0mg (0%), Sodium: 7.44mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Manganese: 0.99mg (49.75%), Vitamin K: 48.29µg (45.99%), Vitamin E: 3.18mg (21.19%), Vitamin C: 17.17mg (20.81%), Vitamin B6: 0.25mg (12.52%), Phosphorus: 97.71mg (9.77%), Magnesium: 38.18mg (9.54%), Selenium: 6.25µg (8.93%), Copper: 0.17mg (8.72%), Vitamin A: 416.7IU (8.33%), Potassium: 280.38mg (8.01%), Folate: 31.4µg (7.85%), Fiber: 1.78g (7.12%), Vitamin B2: 0.12mg (6.9%), Iron: 1.23mg (6.81%), Zinc: 0.98mg (6.53%), Vitamin B1: 0.08mg (5.04%), Vitamin B5: 0.47mg (4.68%), Vitamin B3: 0.93mg (4.63%), Calcium: 31.41mg (3.14%)