



WHATSheATE



Black Rice Salad with Lemon Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



314 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon agave nectar (nectar)
- ☐ 6 servings pepper black freshly ground
- ☐ 1 cup rice black (preferably Lotus Foods Forbidden Rice)
- ☐ 1 cup edamame frozen shelled thawed
- ☐ 1 cup grape tomatoes halved
- ☐ 1 cup green beans thinly sliced
- ☐ 6 servings kosher salt
- ☐ 0.3 cup meyer lemon juice

- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 4 spring onion thinly sliced
- ☐ 0.5 cup walnuts
- ☐ 2 tablespoons citrus champagne vinegar

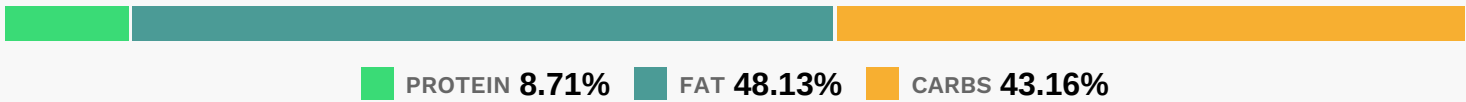
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 350°F. Cook rice in a medium saucepan of boiling salted water until tender, 35–40 minutes.
- ☐ Drain well, spread out on a plate or a rimmed baking sheet, and let cool.
- ☐ Meanwhile, spread out walnuts on another rimmed baking sheet. Toast in oven, tossing once, until fragrant, 8–10 minutes.
- ☐ Let cool; chop.
- ☐ Whisk lemon juice, vinegar, and agave in a small bowl.
- ☐ Whisking constantly, gradually drizzle in oil. Season vinaigrette with salt.
- ☐ Toss rice, walnuts, scallions, edamame, tomatoes, green beans, and vinaigrette in a large bowl. Season with salt and pepper.
- ☐ Per serving: 310 calories, 18 g fat, 4 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:1.28, Inflammation Score:-6, Nutrition Score:13.453478377798%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 314.41kcal (15.72%), Fat: 17.23g (26.51%), Saturated Fat: 2.04g (12.77%), Carbohydrates: 34.77g (11.59%), Net Carbohydrates: 30.97g (11.26%), Sugar: 5.26g (5.84%), Cholesterol: 0mg (0%), Sodium: 200.61mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.03%), Manganese: 1.58mg (79.23%), Vitamin K: 33.62µg (32.02%), Magnesium: 69.43mg (17.36%), Phosphorus: 153.7mg (15.37%), Fiber: 3.8g (15.18%), Vitamin C: 11.82mg (14.33%), Copper: 0.28mg (13.91%), Vitamin B6: 0.27mg (13.65%), Vitamin E: 2.04mg (13.59%), Vitamin B1: 0.19mg (12.82%), Selenium: 7.93µg (11.32%), Iron: 1.87mg (10.4%), Vitamin B3: 2.04mg (10.19%), Potassium: 356.73mg (10.19%), Folate: 33.72µg (8.43%), Vitamin A: 416.23IU (8.32%), Zinc: 1.05mg (7%), Vitamin B5: 0.6mg (6%), Calcium: 53.6mg (5.36%), Vitamin B2: 0.08mg (4.76%)