



Black Rice Salad with Mango and Peanuts



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



315 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups rice black (preferably Lotus Foods Forbidden Rice)
- ☐ 0.5 cup roasted peanuts unsalted
- ☐ 1 tablespoon fish sauce (such as nam pla or nuoc nam; optional)
- ☐ 1 cup cilantro leaves fresh
- ☐ 2 jalapeno minced seeded
- ☐ 8 servings kosher salt
- ☐ 0.3 cup juice of lime fresh ()
- ☐ 2 mangos pitted peeled cut into 1/2" dice

- ☐ 2 cranberry-orange relish
- ☐ 1 cup onion red finely chopped ()
- ☐ 6 spring onion thinly sliced
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ sieve

Directions

- ☐ Remove peel and white pith from oranges. Working over a medium bowl to catch juices and using a small sharp knife, cut between membranes to release orange segments into bowl. Squeeze membranes over bowl to release any juices. Strain juices through a fine-mesh sieve into a small bowl; reserve orange segments.
- ☐ Add 1/4 cup lime juice, oil, and fish sauce (if using) to bowl with orange juice; whisk to blend. Set dressing aside.
- ☐ Bring rice and 2 3/4 cups water to a boil in a large saucepan. Season lightly with salt. Cover, reduce heat to low, and simmer until all liquid is absorbed and rice is tender, about 25 minutes.
- ☐ Remove pan from heat and let stand, covered, for 15 minutes.
- ☐ Spread out rice on a rimmed baking sheet, drizzle with dressing, and season lightly with salt; let cool.
- ☐ Place mangoes and remaining ingredients in a large bowl.
- ☐ Add rice and toss gently to combine. Season lightly with salt and more lime juice, if desired.

Nutrition Facts



 **PROTEIN 9.28%**  **FAT 26.3%**  **CARBS 64.42%**

Properties

Glycemic Index:27.16, Glycemic Load:5.49, Inflammation Score:-8, Nutrition Score:19.209130564462%

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 Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 5.05mg, Naringenin: 5.05mg, Naringenin: 5.05mg, Naringenin: 5.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg

Nutrients (% of daily need)

Calories: 315.49kcal (15.77%), Fat: 9.53g (14.66%), Saturated Fat: 1.55g (9.66%), Carbohydrates: 52.49g (17.5%), Net Carbohydrates: 47.69g (17.34%), Sugar: 11.97g (13.3%), Cholesterol: 0mg (0%), Sodium: 417.1mg (18.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.57g (15.13%), Manganese: 2.05mg (102.3%), Vitamin C: 46.4mg (56.25%), Vitamin K: 34.91µg (33.25%), Magnesium: 99.31mg (24.83%), Vitamin B3: 4.36mg (21.78%), Phosphorus: 213.37mg (21.34%), Vitamin B6: 0.4mg (19.95%), Fiber: 4.8g (19.21%), Vitamin B1: 0.28mg (18.43%), Vitamin A: 900.49IU (18.01%), Selenium: 12.38µg (17.69%), Folate: 66.47µg (16.62%), Copper: 0.29mg (14.27%), Potassium: 408.67mg (11.68%), Vitamin E: 1.6mg (10.69%), Vitamin B5: 1.07mg (10.67%), Zinc: 1.28mg (8.54%), Iron: 1.25mg (6.94%), Vitamin B2: 0.1mg (6.13%), Calcium: 53.54mg (5.35%)