



Black Rice, Spinach, Salmon, and Mango Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



347 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 1.5 cups rice black
- ☐ 2.5 tablespoons canola oil
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 1 garlic clove minced
- ☐ 1 cup grape tomatoes halved
- ☐ 0.5 cup bell pepper green finely chopped

- ☐ 0.5 cup green onions thinly sliced
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup juice of lime fresh
- ☐ 3 cups mangos diced peeled (2 medium)
- ☐ 8 ounce salmon fillet (1/)

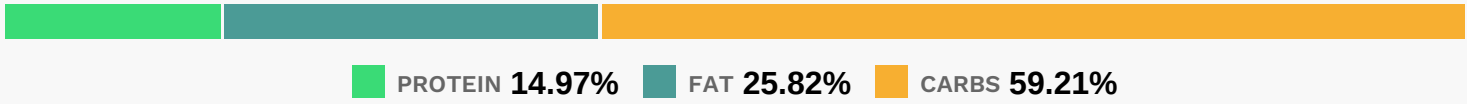
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Rinse rice, and drain well. Cook rice in boiling water 35 minutes or until al dente; drain. Cool.
- ☐ Heat a nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add salmon; cook 3 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Cool; break into bite-sized pieces.
- ☐ Combine juice and next 4 ingredients (through garlic) in a large bowl, stirring well with a whisk. Gradually add oil to juice mixture, stirring constantly.
- ☐ Add rice, mango, tomatoes, onions, pepper, and spinach; toss gently.
- ☐ Place 1 cup rice mixture in each of 6 bowls; top each with 1 ounce salmon.

Nutrition Facts



Properties

Glycemic Index:35.63, Glycemic Load:6.33, Inflammation Score:-10, Nutrition Score:31.423043562018%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg

0.02mg, Pelargonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 346.79kcal (17.34%), Fat: 10.18g (15.66%), Saturated Fat: 1.19g (7.42%), Carbohydrates: 52.5g (17.5%), Net Carbohydrates: 48.12g (17.5%), Sugar: 13.15g (14.61%), Cholesterol: 20.79mg (6.93%), Sodium: 434.51mg (18.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.28g (26.55%), Vitamin K: 165.65µg (157.76%), Manganese: 2.12mg (106.16%), Vitamin A: 3911.31IU (78.23%), Vitamin C: 56.17mg (68.09%), Vitamin B6: 0.76mg (38.14%), Selenium: 25.55µg (36.5%), Vitamin B3: 6.37mg (31.85%), Folate: 120.57µg (30.14%), Magnesium: 115.69mg (28.92%), Phosphorus: 270.53mg (27.05%), Vitamin B1: 0.34mg (22.84%), Vitamin E: 3.15mg (21.03%), Potassium: 709.95mg (20.28%), Vitamin B12: 1.2µg (20.03%), Copper: 0.39mg (19.45%), Fiber: 4.38g (17.52%), Vitamin B2: 0.29mg (17.04%), Vitamin B5: 1.56mg (15.57%), Iron: 2.36mg (13.11%), Zinc: 1.52mg (10.16%), Calcium: 67.75mg (6.78%)