



Broccoli and Chickpea Rice Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



355 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup almonds lightly toasted sliced (if desired)
- 4 cups broccoli florets
- 2 cups brown rice dried cooked ()
- 2 tablespoons dijon mustard
- 1.5 cup chickpeas dried cooked ()
- 0.3 cup cilantro leaves fresh trimmed chopped
- 1 clove garlic minced
- 2 spring onion trimmed chopped finely chopped finely

- 6 servings pepper fresh black
- 1.5 juice of lemon
- 1 tablespoon olive oil
- 2 teaspoons olive oil
- 2 pineapple juice canned (juice from pineapple)
- 0.5 teaspoon pepper red
- 1.5 teaspoons sea salt to taste
- 0.3 cup sun-dried olives hot drained chopped for 40 minutes, and
- 2 teaspoons tamari sauce (soy)

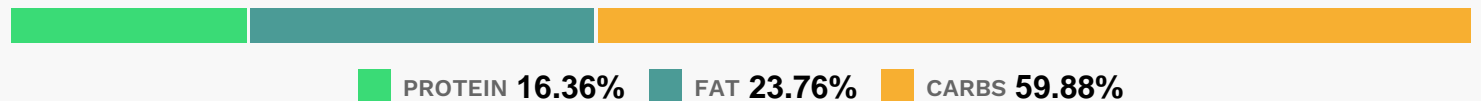
Equipment

- bowl
- frying pan
- whisk

Directions

- In a large skillet, heat the oil over medium heat.
- Add the broccoli, stir well, and cover. Cook, stirring often, until the broccoli is tender.
- Add the broccoli to a large bowl, along with the remaining salad ingredients. To make the dressing, whisk together all of the dressing ingredients in a small bowl.
- Pour the dressing over the salad and toss well to coat evenly. Taste for seasoning and serve.

Nutrition Facts



Properties

Glycemic Index:60.62, Glycemic Load:13.59, Inflammation Score:-9, Nutrition Score:30.835652173913%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 4.83mg, Kaempferol: 4.83mg, Kaempferol: 4.83mg, Kaempferol: 4.83mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Taste

Sweetness: 39.1%, Saltiness: 100%, Sourness: 41.38%, Bitterness: 44.29%, Savoriness: 41.27%, Fattiness: 54.85%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 354.78kcal (17.74%), Fat: 9.78g (15.04%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 55.44g (18.48%), Net Carbohydrates: 42.29g (15.38%), Sugar: 9.29g (10.32%), Cholesterol: 0mg (0%), Sodium: 791.28mg (34.4%), Protein: 15.15g (30.29%), Manganese: 2.21mg (110.55%), Folate: 330.48µg (82.62%), Vitamin K: 81.99µg (78.08%), Vitamin C: 62.56mg (75.82%), Fiber: 13.15g (52.6%), Phosphorus: 325.13mg (32.51%), Copper: 0.65mg (32.49%), Magnesium: 126.27mg (31.57%), Potassium: 959.42mg (27.41%), Iron: 4.88mg (27.13%), Vitamin B1: 0.4mg (26.99%), Vitamin B6: 0.52mg (26.04%), Zinc: 2.69mg (17.92%), Vitamin E: 2.53mg (16.84%), Vitamin B2: 0.27mg (16.03%), Vitamin B5: 1.59mg (15.87%), Vitamin B3: 2.88mg (14.41%), Vitamin A: 603.79IU (12.08%), Calcium: 114.21mg (11.42%), Selenium: 7.98µg (11.39%)