



 **68%**
HEALTH SCORE

Broccoli-Rice Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



296 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4.4 oz seasoning
- 9 oz broccoli frozen
- 1.5 cups bell pepper green chopped
- 19 oz garbanzo beans drained canned (garbanzo beans)
- 2 tablespoons chives fresh chopped
- 0.5 teaspoon lemon zest grated
- 2 tablespoons vegetable oil
- 2 tablespoons juice of lemon

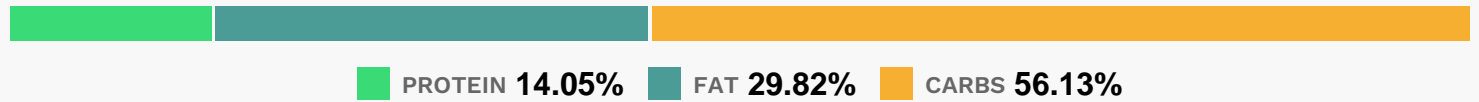
Equipment

bowl

Directions

- Make rice and sauce mix as directed on package. Cool 15 minutes.
- Meanwhile, cook broccoli as directed on box.
- Drain; cool 15 minutes.
- In large bowl, mix cooked rice, cooked broccoli and remaining ingredients.
- Serve immediately, or cover and refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:33.08, Glycemic Load:6.35, Inflammation Score:-9, Nutrition Score:37.897826070371%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 3.14mg, Luteolin: 3.14mg, Luteolin: 3.14mg, Luteolin: 3.14mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 5.18mg, Kaempferol: 5.18mg, Kaempferol: 5.18mg, Kaempferol: 5.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 296.33kcal (14.82%), Fat: 11.12g (17.11%), Saturated Fat: 1.91g (11.91%), Carbohydrates: 47.11g (15.7%), Net Carbohydrates: 25.24g (9.18%), Sugar: 3.93g (4.36%), Cholesterol: 0mg (0%), Sodium: 405.01mg (17.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.79g (23.58%), Vitamin K: 278.77µg (265.5%), Manganese: 2.87mg (143.31%), Vitamin C: 106.77mg (129.42%), Fiber: 21.87g (87.49%), Iron: 13.82mg (76.78%), Vitamin B6: 1.21mg (60.26%), Calcium: 582.88mg (58.29%), Vitamin E: 6.97mg (46.47%), Folate: 156.45µg (39.11%), Magnesium: 140.66mg (35.16%), Potassium: 898.75mg (25.68%), Vitamin A: 1220.64IU (24.41%), Copper: 0.48mg (23.77%), Phosphorus: 208.66mg (20.87%), Vitamin B2: 0.28mg (16.36%), Zinc: 2.12mg (14.1%), Vitamin B1: 0.18mg (11.9%), Vitamin B3: 2.32mg (11.58%), Vitamin B5: 1.13mg (11.26%), Selenium: 5.71µg (8.16%)