



## Brown Rice-Pine Nut Salad



Vegetarian



Gluten Free

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READY IN

ready

70 min.

SERVINGS

servings

6

CALORIES

calories

207 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients



1 cup brown rice



1 small cucumber diced



2 tablespoons olive oil extra virgin



2.3 cups chicken broth fat-free low-sodium



2 tablespoons feta cheese crumbled



1 tablespoon optional: dill fresh chopped



1 tablespoon parsley fresh chopped



3 tablespoons juice of lemon fresh

- ☐ 0.5 teaspoon pepper
- ☐ 2 tablespoons pinenuts  toasted
- ☐ 0.8 cup roasted bell peppers  red jarred chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.8 teaspoon sugar

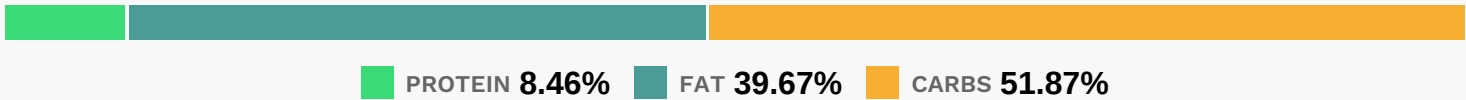
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring 2 1/4 cups chicken broth to a boil in a 2-quart saucepan; stir in brown rice. Cover, reduce heat, and simmer 45 minutes or until rice is tender.
- ☐ Remove from heat; let stand, covered, 5 minutes.
- ☐ Drain well.
- ☐ Combine cooked rice, roasted red bell peppers, and next 3 ingredients in a large bowl.
- ☐ Whisk together lemon juice and next 4 ingredients.
- ☐ Drizzle over rice mixture, tossing to coat.
- ☐ Sprinkle evenly with toasted pine nuts and crumbled feta cheese; serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.64, Glycemic Load:14.03, Inflammation Score:-4, Nutrition Score:11.07260862252%

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 Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg,

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 207.31kcal (10.37%), Fat: 9.28g (14.28%), Saturated Fat: 1.75g (10.93%), Carbohydrates: 27.32g (9.11%), Net Carbohydrates: 25.63g (9.32%), Sugar: 1.31g (1.45%), Cholesterol: 5.04mg (1.68%), Sodium: 848.61mg (36.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.91%), Manganese: 1.56mg (78.07%), Vitamin K: 17.81µg (16.96%), Vitamin C: 12.85mg (15.58%), Magnesium: 61.77mg (15.44%), Phosphorus: 141.55mg (14.16%), Vitamin B6: 0.25mg (12.47%), Vitamin B1: 0.17mg (11.52%), Vitamin B3: 2.17mg (10.83%), Copper: 0.2mg (9.79%), Zinc: 1.13mg (7.5%), Vitamin B5: 0.73mg (7.25%), Vitamin E: 1.02mg (6.79%), Fiber: 1.68g (6.73%), Iron: 1.2mg (6.69%), Potassium: 209.4mg (5.98%), Vitamin B2: 0.1mg (5.95%), Calcium: 55.61mg (5.56%), Folate: 19.26µg (4.81%), Vitamin B12: 0.27µg (4.43%), Selenium: 2.84µg (4.06%), Vitamin A: 197.51IU (3.95%)