



Brown Rice Salad with Crunchy Sprouts and Seeds



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



254 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup almonds unsalted coarsely chopped
- ☐ 8 servings pepper black freshly ground
- ☐ 0.5 cup brown rice cooked
- ☐ 1 cup chives fresh packed chopped ()
- ☐ 1 teaspoon kosher salt plus more
- ☐ 1.5 cups legumes mixed dried (such as mung beans and lentils)
- ☐ 2 tablespoons juice of lemon fresh ()

- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 0.3 cup pumpkin seeds salted shelled toasted (pepitas)
- ☐ 2 spring onion thinly sliced
- ☐ 0.3 cup sunflower seeds salted toasted
- ☐ 1.5 cups zucchini grated

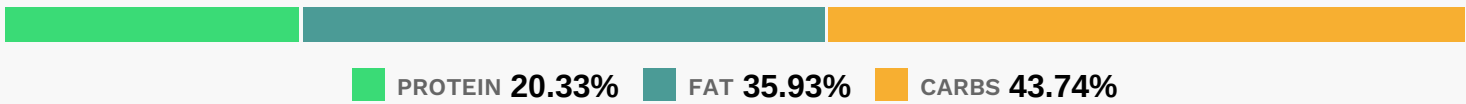
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ Purée chives, oil, 2 tablespoons lemon juice, and1 teaspoon salt in a food processor until smooth.Strain chive vinaigrette through a fine-meshsieve into a small bowl.
- ☐ Cook dried sprouted legumes in a largepot of lightly salted boiling water until justtender, about 5 minutes. Cover pot; removefrom heat.
- ☐ Let stand for 3 minutes; drain.Rinse legumes under cold water to cool;drain.
- ☐ Transfer to a large bowl. DO AHEAD:Vinaigrette and legumes can be made 1 dayahead. Cover separately; chill.
- ☐ Add zucchini, rice, scallions, seeds, nuts,and chive vinaigrette to bowl with legumes;toss to combine. Season to taste with salt,pepper, and more lemon juice, if desired.

Nutrition Facts



Properties

Glycemic Index:30.1, Glycemic Load:4.37, Inflammation Score:-7, Nutrition Score:19.452608626822%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 254.1kcal (12.7%), Fat: 10.47g (16.1%), Saturated Fat: 1.19g (7.41%), Carbohydrates: 28.67g (9.56%), Net Carbohydrates: 15.61g (5.68%), Sugar: 2.01g (2.24%), Cholesterol: 0mg (0%), Sodium: 296.32mg (12.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.32g (26.65%), Manganese: 1.06mg (52.86%), Fiber: 13.06g (52.23%), Folate: 203.29µg (50.82%), Vitamin B1: 0.45mg (29.72%), Phosphorus: 283.44mg (28.34%), Vitamin E: 4.17mg (27.83%), Magnesium: 106.59mg (26.65%), Copper: 0.42mg (20.96%), Iron: 3.77mg (20.94%), Vitamin K: 21.64µg (20.61%), Vitamin B6: 0.35mg (17.41%), Zinc: 2.59mg (17.25%), Potassium: 543.73mg (15.54%), Vitamin C: 10.79mg (13.08%), Vitamin B2: 0.2mg (11.76%), Vitamin B3: 2.07mg (10.36%), Vitamin B5: 1mg (10.01%), Selenium: 6.56µg (9.37%), Vitamin A: 312.15IU (6.24%), Calcium: 54.34mg (5.43%)