



California Rice Salad

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



6

CALORIES



457 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 cups arugula packed
- 0.5 pound bacon crumbled cooked drained
- 1 tablespoon dijon mustard
- 2 cups rice white instant uncooked
- 0.3 cup olive oil
- 20 ounce dole® pineapple chunks canned
- 0.5 cup onion red sliced
- 6 servings salt and pepper to taste

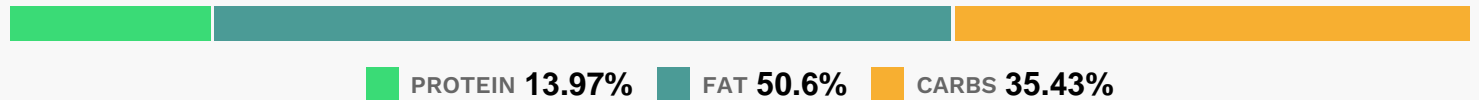
Equipment

- bowl
- whisk

Directions

- Prepare rice according to package directions.
- Drain pineapple; reserve 1/4 cup juice.
- Combine rice, pineapple chunks, arugula, bacon and onion in large bowl.
- Whisk together olive oil, reserved juice and mustard in small bowl.
- Add salt and pepper to taste.
- Pour over rice mixture; toss to evenly coat.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.32, Inflammation Score:-7, Nutrition Score:16.301738998164%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 457.2kcal (22.86%), Fat: 25.77g (39.64%), Saturated Fat: 6.26g (39.12%), Carbohydrates: 40.6g (13.53%), Net Carbohydrates: 38.32g (13.94%), Sugar: 14.12g (15.69%), Cholesterol: 37.42mg (12.47%), Sodium: 866.83mg (37.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.01g (32.01%), Selenium: 31.2µg (44.57%), Vitamin K: 44.23µg (42.12%), Vitamin B1: 0.59mg (39.35%), Vitamin B3: 6.33mg (31.65%), Folate: 100.82µg (25.2%), Phosphorus: 197.34mg (19.73%), Manganese: 0.39mg (19.3%), Vitamin B6: 0.34mg (17.02%), Iron: 2.77mg (15.39%), Vitamin A: 766.55IU (15.33%), Vitamin C: 11.99mg (14.53%), Vitamin E: 2.08mg (13.87%), Zinc: 1.74mg (11.6%), Potassium: 378.76mg (10.82%), Copper: 0.21mg (10.42%), Magnesium: 38.37mg (9.59%), Fiber: 2.27g (9.09%),

Vitamin B2: 0.14mg (7.94%), Vitamin B12: 0.41µg (6.87%), Vitamin B5: 0.57mg (5.75%), Calcium: 37.89mg (3.79%),
Vitamin D: 0.15µg (1.01%)