



## Cilantro Rice Salad with Olives

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



254 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 cups rice
- 0.5 cup calamata olives pitted finely chopped
- 1 cup cilantro leaves chopped
- 0.3 cup olive oil extra-virgin
- 8 servings pepper freshly ground
- 1 medium onion red minced
- 8 servings salt
- 2 medium tomatoes cut into 1/2-inch dice

0.3 cup citrus champagne vinegar

## Equipment

bowl

pot

spatula

## Directions

Bring a large pot of water to a boil and add salt. Stir in the rice and boil over moderately high heat until just tender, about 15 minutes.

Drain the rice thoroughly and transfer to a large bowl. Toss the rice with a rubber spatula from time to time to cool it to room temperature.

In a small bowl, mix the olive oil and vinegar and season with salt and pepper. Gently fold the tomatoes, onion, cilantro and olives into the rice.

Add the vinaigrette and toss well. Season with salt and pepper and serve.

Make Ahead: The rice salad can stand at room temperature for up to 1 hour.

## Nutrition Facts



**PROTEIN 6.15%** **FAT 30.23%** **CARBS 63.62%**

## Properties

Glycemic Index:23.77, Glycemic Load:22.87, Inflammation Score:-4, Nutrition Score:6.1843477954035%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg, Quercetin: 4.03mg

## Nutrients (% of daily need)

Calories: 253.88kcal (12.69%), Fat: 8.44g (12.98%), Saturated Fat: 1.2g (7.51%), Carbohydrates: 39.94g (13.31%), Net Carbohydrates: 38.38g (13.95%), Sugar: 1.51g (1.68%), Cholesterol: 0mg (0%), Sodium: 331.49mg (14.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.72%), Manganese: 0.58mg (29.06%), Vitamin K: 13.08µg

(12.45%), Vitamin E: 1.56mg (10.43%), Selenium: 7.15µg (10.22%), Vitamin A: 425.09IU (8.5%), Copper: 0.14mg (7.11%), Vitamin C: 5.81mg (7.04%), Phosphorus: 66.61mg (6.66%), Fiber: 1.56g (6.25%), Vitamin B6: 0.12mg (6.14%), Vitamin B5: 0.53mg (5.28%), Vitamin B3: 0.98mg (4.91%), Potassium: 164.45mg (4.7%), Magnesium: 18.24mg (4.56%), Zinc: 0.6mg (3.98%), Iron: 0.64mg (3.56%), Vitamin B1: 0.05mg (3.55%), Folate: 12.44µg (3.1%), Calcium: 25.99mg (2.6%), Vitamin B2: 0.04mg (2.13%)