



## Citrus Spinach & Rice Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



26 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 oz baby spinach leaves
- 0.5 cup lite catalina dressing kraft
- 2 cups brown rice instant uncooked
- 1 large cranberry-orange relish peeled
- 0.3 cup onion red

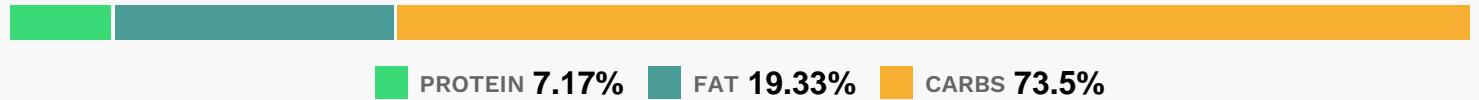
### Equipment

- bowl

## Directions

- Prepare rice as directed on pkg.; cool.
- Place rice in large bowl.
- Add spinach, oranges and onion; mix lightly.
- Add dressing just before serving; toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:2.26, Glycemic Load:0.2, Inflammation Score:-3, Nutrition Score:2.3199999643409%

## Flavonoids

Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## Nutrients (% of daily need)

Calories: 25.84kcal (1.29%), Fat: 0.55g (0.84%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 4.67g (1.56%), Net Carbohydrates: 4.4g (1.6%), Sugar: 1.17g (1.3%), Cholesterol: 0mg (0%), Sodium: 37.71mg (1.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.91%), Vitamin K: 18.26µg (17.39%), Vitamin A: 363.66IU (7.27%), Folate: 19.24µg (4.81%), Vitamin C: 3.3mg (4%), Manganese: 0.07mg (3.69%), Vitamin B1: 0.04mg (2.82%), Selenium: 1.48µg (2.12%), Iron: 0.35mg (1.94%), Vitamin B3: 0.31mg (1.54%), Fiber: 0.27g (1.08%)