



Crunchy Vegetable and Brown Rice Salad



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



161 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounces arugula
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 carrots
- ☐ 2 rib celery stalks
- ☐ 0.3 cup chicken broth
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon mustard coarse-grained
- ☐ 1 tablespoon olive oil

- ☐ 0.5 teaspoon salt
- ☐ 4 spring onion
- ☐ 0.5 cup short grain brown rice
- ☐ 1 bell pepper yellow
- ☐ 0.5 pound zucchini

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ colander

Directions

- ☐ Fill a 2-quart saucepan three fourths full with salted water and bring to a boil.
- ☐ Add rice and boil, uncovered, stirring occasionally, until al dente, about 25 minutes.
- ☐ Drain rice in a colander and rinse under cold running water until cool.
- ☐ Drain rice well.
- ☐ While rice is cooking, cut zucchini, celery, carrot, and bell pepper into 1/4-inch dice.
- ☐ Remove tough stems from arugula and chop leaves. Chop scallions.
- ☐ Have ready a bowl of ice and cold water. In a saucepan of boiling salted water blanch zucchini, celery, carrot, and bell pepper 1 minute.
- ☐ Drain vegetables in a sieve and transfer to ice water to stop cooking.
- ☐ Drain vegetables well.
- ☐ In a large bowl whisk together lemon juice, broth, mustard, oil, salt, and pepper.
- ☐ Add rice, blanched vegetables, arugula, and scallions, tossing to combine well, and season with salt and pepper.
- ☐ Serve salad at room temperature.

Nutrition Facts



 **PROTEIN 10.09%**  **FAT 25.89%**  **CARBS 64.02%**

Properties

Glycemic Index:70.15, Glycemic Load:11.75, Inflammation Score:-10, Nutrition Score:19.558260909403%

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: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 10.1mg, Kaempferol: 10.1mg, Kaempferol: 10.1mg, Kaempferol: 10.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 161.49kcal (8.07%), Fat: 4.84g (7.45%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 26.94g (8.98%), Net Carbohydrates: 23.84g (8.67%), Sugar: 3.31g (3.68%), Cholesterol: 0.29mg (0.1%), Sodium: 413.22mg (17.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.49%), Vitamin C: 75.08mg (91.01%), Vitamin A: 3519.27IU (70.39%), Manganese: 1.24mg (62.17%), Vitamin K: 62.71µg (59.72%), Magnesium: 69.75mg (17.44%), Folate: 66.38µg (16.6%), Vitamin B6: 0.33mg (16.27%), Potassium: 483.63mg (13.82%), Phosphorus: 124.76mg (12.48%), Fiber: 3.1g (12.4%), Vitamin B1: 0.18mg (11.9%), Vitamin B3: 1.96mg (9.8%), Copper: 0.18mg (8.89%), Iron: 1.54mg (8.58%), Calcium: 83.99mg (8.4%), Vitamin B2: 0.13mg (7.48%), Vitamin B5: 0.74mg (7.39%), Zinc: 0.99mg (6.63%), Vitamin E: 0.89mg (5.96%), Selenium: 1.73µg (2.46%)