



Curried Rice Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



448 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon curry powder
- ☐ 0.3 cup bing cherries dried chopped
- ☐ 0.5 cup grapes seedless cut in half
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 2 tablespoons mango chutney
- ☐ 0.3 cup mayonnaise
- ☐ 1 pears chopped
- ☐ 1 cup rice uncooked

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2.3 ounce slivered almonds

Equipment

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frying pan

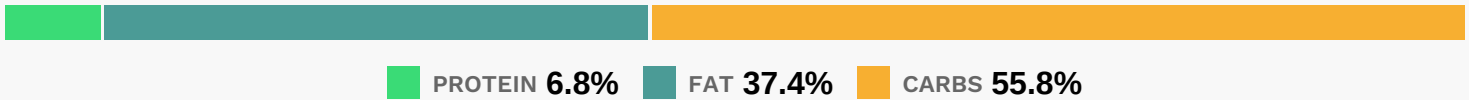
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oven

Directions

- ☐ Cook rice according to package directions; drain and cool.
- ☐ Combine rice, cherries, and next 3 ingredients, stirring well. Cover and chill.
- ☐ Bake almonds in a shallow pan at 350, stirring occasionally, 5 to 10 minutes or until toasted; cool.
- ☐ Stir almonds, pear, grapes, and lemon juice into rice mixture; serve immediately.

Nutrition Facts



Properties

Glycemic Index:65.98, Glycemic Load:29.65, Inflammation Score:-5, Nutrition Score:11.677826061197%

Flavonoids

Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 447.85kcal (22.39%), Fat: 18.87g (29.04%), Saturated Fat: 2.35g (14.72%), Carbohydrates: 63.37g (21.12%), Net Carbohydrates: 58.32g (21.21%), Sugar: 16.92g (18.8%), Cholesterol: 5.88mg (1.96%), Sodium: 96.76mg (4.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.44%), Manganese: 0.92mg (45.91%), Vitamin E: 4.75mg

(31.68%), Vitamin K: 27.83µg (26.5%), Fiber: 5.06g (20.22%), Copper: 0.34mg (17.07%), Magnesium: 60.34mg (15.09%), Phosphorus: 144.87mg (14.49%), Vitamin B2: 0.24mg (14.15%), Selenium: 8.27µg (11.81%), Potassium: 274.04mg (7.83%), Iron: 1.39mg (7.7%), Zinc: 1.1mg (7.32%), Calcium: 72.98mg (7.3%), Vitamin B3: 1.44mg (7.19%), Vitamin B6: 0.13mg (6.68%), Vitamin A: 304.36IU (6.09%), Vitamin B5: 0.6mg (6.04%), Vitamin B1: 0.09mg (5.83%), Vitamin C: 4.15mg (5.03%), Folate: 16.77µg (4.19%)