



Curry Rice Salad



Vegetarian



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



657 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 apples cored peeled chopped (not)
- ☐ 4 servings celery chopped
- ☐ 4 servings pepper flakes
- ☐ 4 servings cilantro leaves chopped
- ☐ 4 servings cumin
- ☐ 4 servings curry powder red yellow (not Thai)
- ☐ 4 servings green onions chopped
- ☐ 4 servings honey

- ☐ 4 servings olive oil
- ☐ 1 cup raisins – one
- ☐ 4 servings salt
- ☐ 4 servings sesame oil
- ☐ 1 cup short grain brown rice
- ☐ 4 servings snow peas – stringy ends off chopped
- ☐ 4 servings bell pepper green red yellow chopped
- ☐ 1 large onion yellow chopped

Equipment

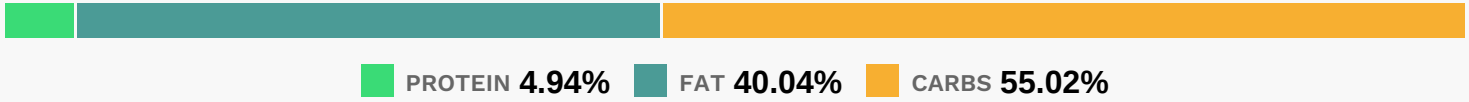
- ☐ sauce pan
- ☐ mixing bowl
- ☐ pot
- ☐ wooden spoon

Directions

- ☐ Prepare the brown rice. Put rice in a big pot, add 1 3/4 cups of water for every cup of rice, bring to a boil, cover, lower the heat on very low, let simmer for 45 minutes, take off heat and keep covered for at least another 10 minutes.² Prepare onions and curry oil. In a large saucepan put 1/4 cup of olive oil on medium high heat.
- ☐ Add a couple heaping tablespoons of curry paste (if it is mild) or add a couple of tablespoons of mild curry powder.
- ☐ Add a dash of chili pepper and cumin and a few drops of sesame oil if you have it.
- ☐ Let the curry simmer for a minute.
- ☐ Add the chopped yellow onion and cook until translucent.³
- ☐ Mix rice and onions. In a large mixing bowl, put in the hot rice and then fold in the onions with the curry infused oil in which they were cooked. You'll need to use a strong wooden spoon to mix. Taste test the rice at this point. If it needs more curry flavor, heat some more curry powder, chili, and cumin in olive oil for a few minutes and add to the rice to desired spiciness.

- ☐ Add other ingredients to taste – cilantro, raisins, apple, celery, snow peas, bell pepper, green onions.
- ☐ Add a couple tablespoons of honey.
- ☐ Add a dash of salt to taste.5 Chill and serve.

Nutrition Facts



Properties

Glycemic Index:97.46, Glycemic Load:43.2, Inflammation Score:-9, Nutrition Score:29.036521569542%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Apigenin: 3.15mg, Apigenin: 3.15mg, Apigenin: 3.15mg, Apigenin: 3.15mg Luteolin: 4.04mg, Luteolin: 4.04mg, Luteolin: 4.04mg, Luteolin: 4.04mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.87mg, Quercetin: 11.87mg, Quercetin: 11.87mg, Quercetin: 11.87mg

Nutrients (% of daily need)

Calories: 656.58kcal (32.83%), Fat: 30.45g (46.85%), Saturated Fat: 4.42g (27.65%), Carbohydrates: 94.16g (31.39%), Net Carbohydrates: 83.46g (30.35%), Sugar: 17.65g (19.61%), Cholesterol: 0mg (0%), Sodium: 304.31mg (13.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.46g (16.92%), Vitamin C: 103.22mg (125.12%), Manganese: 2.45mg (122.45%), Vitamin K: 75.55µg (71.95%), Fiber: 10.7g (42.8%), Vitamin B6: 0.75mg (37.57%), Magnesium: 128.08mg (32.02%), Potassium: 1111.03mg (31.74%), Vitamin A: 1456.33IU (29.13%), Vitamin B1: 0.42mg (28.13%), Iron: 4.68mg (25.98%), Phosphorus: 254.67mg (25.47%), Folate: 93.69µg (23.42%), Vitamin E: 3.37mg (22.45%), Copper: 0.43mg (21.45%), Vitamin B3: 3.82mg (19.1%), Vitamin B5: 1.56mg (15.64%), Vitamin B2: 0.25mg (14.72%), Calcium: 129.58mg (12.96%), Zinc: 1.66mg (11.09%), Selenium: 1.55µg (2.22%)