



Dairy-Free Artichoke Rice Salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



552 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 jar marinated artichoke hearts italian canned
- ☐ 1 cup vegan mayo (like Veganaise)
- ☐ 0.5 teaspoon curry powder
- ☐ 0.5 cup water
- ☐ 1 teaspoon bouillon paste (see Bouillon Notes below)
- ☐ 0.3 cup chives snipped
- ☐ 4 cups rice good cooled cooked (I use jasmine rice, but brown rice is also)

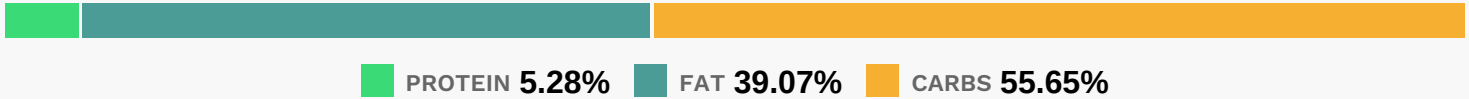
Equipment

- ☐ bowl
- ☐ whisk
- ☐ casserole dish

Directions

- ☐ Drain the artichokes, reserving the marinade if using marinated artichoke hearts.
- ☐ Gently chop the artichoke hearts and set aside.
- ☐ In a casserole dish or serving bowl, whisk together the mayonnaise, curry powder, water, bouillon paste, and reserved artichoke marinade. If you are using plain canned artichoke hearts, add the Italian seasoning, balsamic vinegar, and olive oil instead of the artichoke marinade.
- ☐ Add the chopped artichoke hearts and chives and stir.
- ☐ Add the cooled rice, crumbling any lumps with your fingers.
- ☐ Stir until combined.
- ☐ Keep chilled until serving.

Nutrition Facts



Properties

Glycemic Index:20.15, Glycemic Load:44.6, Inflammation Score:-3, Nutrition Score:9.9147825111514%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 552.22kcal (27.61%), Fat: 23.49g (36.15%), Saturated Fat: 3.66g (22.88%), Carbohydrates: 75.3g (25.1%), Net Carbohydrates: 73.6g (26.76%), Sugar: 0.51g (0.57%), Cholesterol: 11.76mg (3.92%), Sodium: 266.31mg (11.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.28%), Manganese: 1.02mg (50.92%), Vitamin K: 48.52µg (46.21%), Selenium: 14.65µg (20.93%), Phosphorus: 113.5mg (11.35%), Copper: 0.21mg (10.71%), Vitamin B5: 0.99mg (9.9%), Vitamin B6: 0.16mg (7.86%), Vitamin B3: 1.5mg (7.49%), Zinc: 1.06mg (7.09%), Vitamin E: 1.05mg (7%), Fiber: 1.7g (6.8%), Vitamin C: 5.2mg (6.31%), Magnesium: 24.41mg (6.1%), Vitamin A: 286.35IU (5.73%), Iron:

1.01mg (5.61%), Vitamin B1: 0.07mg (4.59%), Calcium: 34.62mg (3.46%), Potassium: 117.94mg (3.37%), Vitamin B2: 0.05mg (3.09%), Folate: 10.32µg (2.58%)