



Dolmas Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS

servings Ingredient and or type unknown

6

CALORIES



251 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 0.5 cup preserved grape leaves chopped (reserve)
- ☐ 0.5 cup green onions thinly sliced (white and pale green parts only)
- ☐ 0.3 cup juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parsley chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1 oz pinenuts

- ☐ 0.3 cup raisins
- ☐ 2.5 cups vegetable broth
- ☐ 1.5 cups rice long-grain white

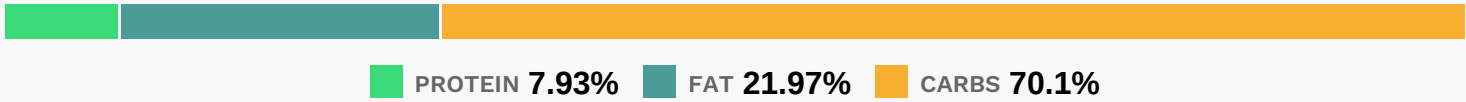
Equipment

- ☐ frying pan

Directions

- ☐ In a 4- to 6-quart pan over medium heat, stir pine nuts and 1/4 cup green onions in oil until nuts begin to brown and onions are limp, about 5 minutes.
- ☐ Stir in rice, chicken broth, grape leaves and reserved 1/4 cup brine, lemon juice, raisins, and pepper. Bring to a boil, then reduce heat to low, cover, and simmer until liquid is absorbed and rice is tender to bite, 30 to 35 minutes.
- ☐ Fluff rice mixture with a fork; stir in parsley, dill, and remaining 1/4 cup green onions. Mound salad on a platter and garnish with lemon quarters if desired.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:24.98, Inflammation Score:-6, Nutrition Score:11.315217308376%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg, Isorhamnetin: 0.85mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 250.84kcal (12.54%), Fat: 6.17g (9.5%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 44.33g (14.78%), Net Carbohydrates: 42.63g (15.5%), Sugar: 0.91g (1.01%), Cholesterol: 0mg (0%), Sodium: 395.14mg (17.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.02%), Vitamin K: 63.65µg (60.62%), Manganese: 1.03mg (51.64%), Vitamin A: 768.34IU (15.37%), Vitamin C: 10.98mg (13.31%), Selenium: 9.21µg (13.16%), Copper: 0.22mg (11.07%), Phosphorus: 103.12mg (10.31%), Vitamin B3: 1.69mg (8.44%), Magnesium: 32.03mg (8.01%), Iron: 1.39mg (7.71%), Fiber: 1.71g (6.83%), Potassium: 225.69mg (6.45%), Vitamin B5: 0.64mg (6.41%), Vitamin B6: 0.13mg (6.27%), Vitamin E: 0.93mg (6.21%), Zinc: 0.93mg (6.2%), Folate: 21.52µg (5.38%), Vitamin B2: 0.09mg (5%), Vitamin B1: 0.07mg (4.92%), Calcium: 37.94mg (3.79%), Vitamin B12: 0.19µg (3.15%)