



Egg and Rice Salad to Go



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



388 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 serving pepper black freshly ground to taste
- ☐ 0.5 cup brown rice cooked
- ☐ 3 oz green beans cooked roughly chopped
- ☐ 1 hardboiled eggs sliced
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime fresh
- ☐ 3 oz plums ripe thinly sliced
- ☐ 1 teaspoon sesame oil

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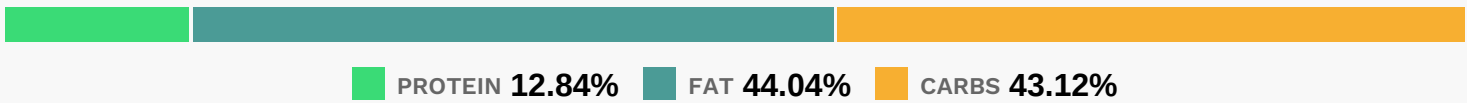
0.5 oz walnut pieces chopped

Equipment

Directions

- ☐ Combine rice, beans, plum, walnuts, and egg in a portable container.
- ☐ Drizzle with sesame oil, lime juice, salt, and pepper; toss gently to combine. Refrigerate up to 2 days.

Nutrition Facts



Properties

Glycemic Index:188.87, Glycemic Load:16.22, Inflammation Score:-8, Nutrition Score:21.662173851677%

Flavonoids

Cyanidin: 5.17mg, Cyanidin: 5.17mg, Cyanidin: 5.17mg, Cyanidin: 5.17mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 2.72mg, Epicatechin: 2.72mg, Epicatechin: 2.72mg, Epicatechin: 2.72mg Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 388kcal (19.4%), Fat: 19.81g (30.47%), Saturated Fat: 3.29g (20.58%), Carbohydrates: 43.64g (14.55%), Net Carbohydrates: 37.3g (13.56%), Sugar: 12.65g (14.05%), Cholesterol: 186.5mg (62.17%), Sodium: 650.35mg (28.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.99g (25.99%), Manganese: 1.81mg (90.7%), Vitamin K: 43.43µg (41.37%), Vitamin C: 27.64mg (33.5%), Phosphorus: 260.4mg (26.04%), Fiber: 6.34g (25.35%), Magnesium: 100.1mg (25.02%), Vitamin B2: 0.4mg (23.81%), Selenium: 16.64µg (23.77%), Vitamin A: 1158.63IU (23.17%), Vitamin B6: 0.44mg (21.91%), Copper: 0.43mg (21.39%), Vitamin B1: 0.28mg (18.8%), Folate: 75.13µg (18.78%), Potassium: 552.06mg (15.77%), Vitamin B5: 1.51mg (15.06%), Iron: 2.59mg (14.37%), Zinc: 1.88mg (12.56%),

Vitamin B3: 2.51mg (12.55%), Vitamin B12: 0.56µg (9.25%), Calcium: 90.22mg (9.02%), Vitamin E: 1.31mg (8.71%),
Vitamin D: 1.1µg (7.33%)