



Greek Rice Salad

 Vegetarian  Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



218 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 avocado diced pitted peeled
- 1.5 cups cucumber diced english
- 0.5 cup feta cheese crumbled
- 0.3 cup mint leaves fresh chopped
- 0.5 teaspoon garlic minced
- 0.5 teaspoon pepper black
- 0.3 cup kalamata olives sliced
- 0.5 teaspoon kosher salt

- 0.3 cup juice of lemon
- 1 teaspoon lemon zest
- 1 cup brown rice long grain uncooked
- 3 tablespoons olive oil
- 0.3 cup onion diced red
- 2 vine ripened tomato diced
- 2.5 cups water

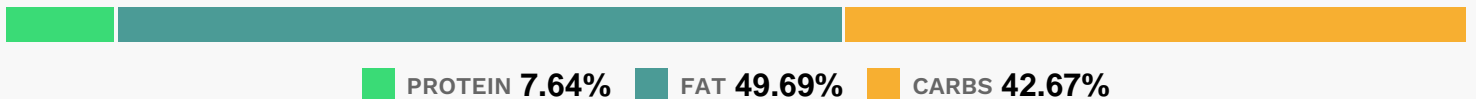
Equipment

- bowl
- sauce pan

Directions

- Bring the brown rice and water to a boil in a saucepan over high heat. Reduce the heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 45 to 50 minutes; remove from heat and allow to cool, fluffing occasionally with a fork.
- Toss the avocado and lemon juice together in a large bowl.
- Add the tomatoes, cucumber, onion, feta, olives, mint, olive oil, lemon zest, garlic, salt, and pepper to the bowl; lightly toss the mixture until evenly combined. Fold the cooled rice gently into the mixture.
- Serve immediately or chill up to 1 hour; the salad does not last well for more than a day as the tomato and cucumber begin to release their juices and the salad becomes watery.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.77, Inflammation Score:-5, Nutrition Score:10.866956596789%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 217.63kcal (10.88%), Fat: 12.41g (19.09%), Saturated Fat: 2.75g (17.21%), Carbohydrates: 23.97g (7.99%), Net Carbohydrates: 20.57g (7.48%), Sugar: 2.01g (2.23%), Cholesterol: 8.34mg (2.78%), Sodium: 327.99mg (14.26%), Alcohol: 0g (100%), Protein: 4.29g (8.58%), Manganese: 1mg (49.99%), Vitamin K: 14.97µg (14.25%), Vitamin C: 11.54mg (13.99%), Phosphorus: 137.98mg (13.8%), Fiber: 3.41g (13.64%), Vitamin B6: 0.27mg (13.61%), Magnesium: 51.81mg (12.95%), Vitamin E: 1.92mg (12.79%), Selenium: 7.09µg (10.13%), Vitamin B1: 0.15mg (9.88%), Vitamin B3: 1.96mg (9.81%), Folate: 38.53µg (9.63%), Vitamin B2: 0.15mg (9.01%), Vitamin B5: 0.89mg (8.9%), Potassium: 311.04mg (8.89%), Vitamin A: 430.6IU (8.61%), Copper: 0.17mg (8.44%), Calcium: 71.94mg (7.19%), Zinc: 1.03mg (6.89%), Iron: 0.84mg (4.65%), Vitamin B12: 0.16µg (2.64%)