



Greek Spinach Rice Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



177 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons feta cheese crumbled
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 cup green onions sliced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 tablespoons juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 1.5 tablespoons oregano fresh minced
- ☐ 0.5 cup nonfat yogurt plain

- ☐ 1 cup rice long-grain uncooked
- ☐ 2 cups pkt spinach fresh cut into thin strips
- ☐ 1.5 cups tomatoes peeled seeded chopped
- ☐ 1 tablespoon water
- ☐ 2.3 cups water

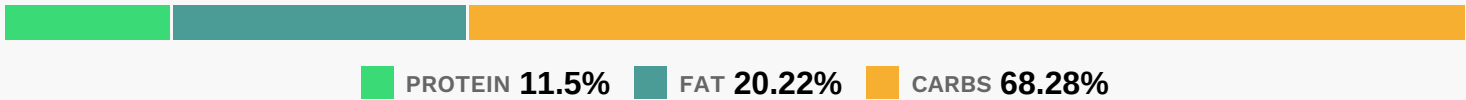
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring 2 1/4 cups water to a boil in a medium saucepan; stir in rice. Cover, reduce heat, and simmer 20 minutes or until rice is tender and liquid is absorbed.
- ☐ Combine rice, spinach, and next 3 ingredients in a large bowl.
- ☐ Combine lemon juice and next 5 ingredients in a small bowl, stirring well with a wire whisk.
- ☐ Pour lemon juice mixture over rice mixture; toss gently. Cover and chill. Stir in yogurt just before serving.
- ☐ Serve on lettuce leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:38.7, Glycemic Load:15.48, Inflammation Score:-9, Nutrition Score:11.966086798388%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 177.35kcal (8.87%), Fat: 4.01g (6.17%), Saturated Fat: 1.2g (7.5%), Carbohydrates: 30.47g (10.16%), Net Carbohydrates: 28.59g (10.4%), Sugar: 3.08g (3.42%), Cholesterol: 5.45mg (1.82%), Sodium: 98.13mg (4.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.26%), Vitamin K: 77.91µg (74.2%), Vitamin A: 1412.81IU (28.26%), Manganese: 0.55mg (27.55%), Vitamin C: 12.66mg (15.35%), Calcium: 120.32mg (12.03%), Phosphorus: 107.26mg (10.73%), Folate: 41.72µg (10.43%), Selenium: 6.52µg (9.32%), Vitamin B2: 0.15mg (8.95%), Potassium: 286.28mg (8.18%), Vitamin B6: 0.16mg (8.12%), Magnesium: 31.38mg (7.85%), Fiber: 1.88g (7.53%), Vitamin E: 1.1mg (7.31%), Iron: 1.3mg (7.2%), Copper: 0.14mg (7%), Zinc: 0.9mg (6.01%), Vitamin B5: 0.57mg (5.67%), Vitamin B3: 0.99mg (4.93%), Vitamin B1: 0.07mg (4.78%), Vitamin B12: 0.22µg (3.67%)