



HEALTH SCORE

71%

Ham-and-Rice Salad with Spinach



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



380 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 cup ham diced cooked



11 ounce mandarin oranges in syrup light undrained canned



2 teaspoons olive oil



0.7 cup fast-cooking rice long-grain wild uncooked (such as Uncle Ben's)



0.3 cup onion red chopped



4 cups spinach leaves chopped



0.3 cup cranberries dried sweetened (such as Craisins)



1.5 cups water

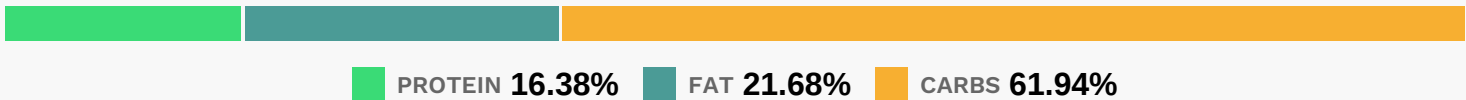
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring water and rice to a boil in a saucepan. Cover, reduce heat, and simmer 22 minutes. Stir in cranberries; cover, and cook 2 minutes.
- ☐ Remove from heat.
- ☐ Let stand, covered, 5 minutes or until liquid is absorbed. Cool.
- ☐ Combine rice mixture, spinach, and remaining ingredients in a large bowl; toss well. Store in an airtight container in refrigerator.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:8.22, Inflammation Score:-10, Nutrition Score:32.279565106268%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Hesperetin: 12.38mg, Hesperetin: 12.38mg, Hesperetin: 12.38mg, Hesperetin: 12.38mg Naringenin: 15.62mg, Naringenin: 15.62mg, Naringenin: 15.62mg, Naringenin: 15.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 3.96mg, Kaempferol: 3.96mg, Kaempferol: 3.96mg, Kaempferol: 3.96mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg, Quercetin: 7.12mg

Nutrients (% of daily need)

Calories: 379.58kcal (18.98%), Fat: 9.48g (14.58%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 60.93g (20.31%), Net Carbohydrates: 55.11g (20.04%), Sugar: 28.64g (31.82%), Cholesterol: 41.24mg (13.75%), Sodium: 716.47mg (31.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.11g (32.22%), Vitamin K: 293.47µg (279.49%), Vitamin A: 6688.43IU (133.77%), Vitamin C: 73.17mg (88.69%), Folate: 225.68µg (56.42%), Manganese: 0.97mg (48.69%), Vitamin B1: 0.71mg (47.55%), Selenium: 22.8µg (32.57%), Phosphorus: 266.4mg (26.64%), Vitamin B3: 5.14mg (25.71%), Iron: 4.27mg (23.72%), Fiber: 5.81g (23.26%), Potassium: 796.8mg (22.77%), Vitamin B6: 0.45mg

(22.4%), Magnesium: 86.37mg (21.59%), Vitamin B2: 0.32mg (18.92%), Vitamin E: 2.44mg (16.26%), Copper: 0.3mg (15.22%), Zinc: 2.16mg (14.43%), Calcium: 138.11mg (13.81%), Vitamin B12: 0.8µg (13.28%), Vitamin B5: 1.05mg (10.5%)