



## Italian Rice Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



88 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 cup brown rice cooked ( without salt or fat)
- 1 tablespoon parsley fresh chopped
- 1.5 teaspoons spring onion chopped
- 0.5 teaspoon hot sauce
- 0.5 teaspoon olive oil
- 1 tablespoon olives ripe chopped
- 0.5 teaspoon oregano
- 0.5 teaspoon sugar

- 0.5 cup tomatoes seeded chopped
- 2 tablespoons citrus champagne vinegar
- 0.3 cup zucchini chopped

## Equipment

- bowl

## Directions

- Combine first 5 ingredients in a medium bowl.
- Combine vinegar and remaining ingredients in a jar; cover tightly, and shake vigorously.
- Pour vinegar mixture over rice mixture, and toss gently. Cover and chill at least 1 hour. Toss gently before serving.

## Nutrition Facts

**PROTEIN 8.35%** **FAT 22.44%** **CARBS 69.21%**

## Properties

Glycemic Index:122.15, Glycemic Load:6.7, Inflammation Score:-7, Nutrition Score:7.4065219073192%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

## Nutrients (% of daily need)

Calories: 87.92kcal (4.4%), Fat: 2.19g (3.37%), Saturated Fat: 0.33g (2.09%), Carbohydrates: 15.18g (5.06%), Net Carbohydrates: 13.25g (4.82%), Sugar: 2.47g (2.75%), Cholesterol: 0mg (0%), Sodium: 95.14mg (4.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.66%), Vitamin K: 43.3µg (41.24%), Manganese: 0.64mg (32.13%), Vitamin C: 11.65mg (14.13%), Vitamin A: 550.57IU (11.01%), Magnesium: 32.08mg (8.02%), Fiber: 1.93g (7.73%), Vitamin B6: 0.14mg (6.92%), Potassium: 197.77mg (5.65%), Phosphorus: 56.29mg (5.63%), Vitamin B3: 1.01mg (5.04%), Vitamin B1: 0.08mg (5.01%), Iron: 0.84mg (4.69%), Vitamin E: 0.63mg (4.21%), Copper: 0.08mg (4.19%), Folate: 16.62µg (4.16%), Zinc: 0.46mg (3.09%), Vitamin B5: 0.27mg (2.72%), Calcium: 25.99mg (2.6%), Vitamin B2: 0.03mg (2.03%)