



Jasmine Rice Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



264 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup firmly brown sugar dark packed
- ☐ 2 large carrots cut into thin strips
- ☐ 1 tablespoon chili sauce with garlic
- ☐ 0.3 cup fish sauce
- ☐ 8 garlic cloves minced
- ☐ 2 bunches green onions
- ☐ 3 cups jasmine rice
- ☐ 2 bell peppers red cut into thin strips

- ☐ 1 cup rice wine vinegar
- ☐ 1.5 teaspoons salt
- ☐ 2 large shallots minced
- ☐ 0.5 cup vegetable oil
- ☐ 2 tablespoons vegetable oil
- ☐ 6 cups water

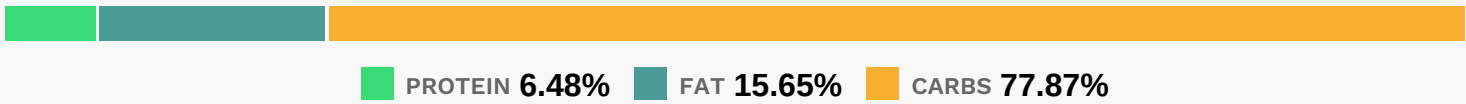
Equipment

- ☐ whisk
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Place rice in a wire-mesh strainer; rinse with cold water.
- ☐ Saut garlic and shallots in hot oil in a Dutch oven over medium-high heat 2 minutes or until tender.
- ☐ Add 6 cups water, rice, and salt; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until water is absorbed and rice is tender.
- ☐ Remove from heat; let stand, covered, 10 minutes. Fluff with a fork.
- ☐ Whisk together rice wine vinegar and next 4 ingredients; pour over rice mixture, tossing gently.
- ☐ Cut green onions in 1-inch lengths; cut into thin strips.
- ☐ Add onions, carrot, and bell pepper to rice mixture; toss gently. Cover and chill up to 3 days.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:23.31, Inflammation Score:-9, Nutrition Score:10.28913042338%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 263.75kcal (13.19%), Fat: 4.5g (6.93%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 50.4g (16.8%), Net Carbohydrates: 48.74g (17.72%), Sugar: 11.14g (12.38%), Cholesterol: 0mg (0%), Sodium: 708.62mg (30.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.39%), Vitamin A: 2675.01IU (53.5%), Vitamin C: 28.03mg (33.97%), Manganese: 0.62mg (31.21%), Vitamin K: 18.52µg (17.64%), Selenium: 8.04µg (11.49%), Vitamin B6: 0.22mg (10.83%), Copper: 0.15mg (7.61%), Phosphorus: 71.79mg (7.18%), Magnesium: 28.39mg (7.1%), Fiber: 1.66g (6.65%), Vitamin B3: 1.24mg (6.19%), Vitamin B5: 0.61mg (6.09%), Potassium: 197.63mg (5.65%), Vitamin E: 0.83mg (5.51%), Folate: 21.81µg (5.45%), Zinc: 0.67mg (4.45%), Iron: 0.76mg (4.21%), Calcium: 41.28mg (4.13%), Vitamin B1: 0.06mg (4.09%), Vitamin B2: 0.06mg (3.31%)