



Kiwifruit Rice Salad

 **Gluten Free**

READY IN



80 min.

SERVINGS



4

CALORIES



470 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup brown rice
- ☐ 2 tablespoons butter
- ☐ 0.3 cup cashew pieces
- ☐ 0.5 cup celery chopped
- ☐ 4 ounces ham julienned cooked
- ☐ 0.5 teaspoon curry powder
- ☐ 0.5 cup mushrooms fresh coarsely chopped
- ☐ 1 kiwi fruit peeled chopped

- ☐ 2 kiwis peeled sliced
- ☐ 1 teaspoon juice of lime fresh
- ☐ 0.5 teaspoon lime zest
- ☐ 0.3 cup onion chopped
- ☐ 1 cup yogurt plain
- ☐ 2 ounces swiss cheese cubed
- ☐ 2.3 cups water
- ☐ 1 teaspoon sugar white

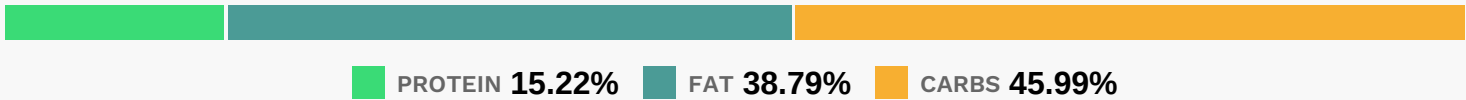
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine water and rice in a medium saucepan. Bring to a boil. Cover, reduce heat, and simmer for 45 to 50 minutes. Cool.
- ☐ Heat butter in a skillet over medium heat. Cook onion and celery in butter until tender, stirring frequently. Season with curry powder, and continue cooking for one minute.
- ☐ In a large bowl, mix together yogurt, lime juice, lime zest, and sugar. Stir in rice, onion and celery mixture, chopped kiwi, ham, cheese, nuts, and mushrooms. Arrange sliced kiwi over salad.

Nutrition Facts



Properties

Glycemic Index:120.84, Glycemic Load:26.65, Inflammation Score:-7, Nutrition Score:25.601304398931%

Flavonoids

Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 469.94kcal (23.5%), Fat: 20.62g (31.72%), Saturated Fat: 9.08g (56.73%), Carbohydrates: 55.02g (18.34%), Net Carbohydrates: 50.41g (18.33%), Sugar: 11.49g (12.77%), Cholesterol: 56.89mg (18.96%), Sodium: 451.37mg (19.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.2g (36.41%), Manganese: 2.08mg (104.09%), Vitamin C: 59.81mg (72.49%), Phosphorus: 453.71mg (45.37%), Vitamin K: 35.98µg (34.27%), Magnesium: 133.91mg (33.48%), Vitamin B1: 0.45mg (29.87%), Copper: 0.57mg (28.69%), Calcium: 260.35mg (26.04%), Vitamin B6: 0.47mg (23.39%), Zinc: 3.42mg (22.78%), Selenium: 14.84µg (21.2%), Vitamin B3: 3.97mg (19.87%), Fiber: 4.6g (18.42%), Vitamin B12: 1.07µg (17.85%), Vitamin B2: 0.3mg (17.81%), Potassium: 610.91mg (17.45%), Vitamin B5: 1.71mg (17.06%), Iron: 2.21mg (12.29%), Folate: 45.57µg (11.39%), Vitamin A: 472.7IU (9.45%), Vitamin E: 1.36mg (9.09%)