



Lemon-Herb Rice Salad

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

50 min.

SERVINGS

servings

6

CALORIES

calories

410 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 medium carrots shredded
- ☐ 1 kirby cucumber diced seeded
- ☐ 0.5 cup basil fresh roughly chopped
- ☐ 0.5 cup cilantro leaves fresh roughly chopped
- ☐ 0.5 cup mint leaves fresh roughly chopped
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 2 lemons
- ☐ 2 teaspoons brown sugar light packed

- ☐ 0.5 medium onion red thinly sliced
- ☐ 2 tablespoons rice wine vinegar
- ☐ 0.5 cup roasted peanuts salted chopped
- ☐ 0.3 cup vegetable oil
- ☐ 1 bunch watercress
- ☐ 2 cups rice long-grain white

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ peeler

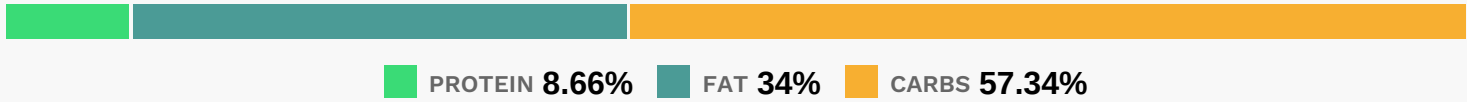
Directions

- ☐ Remove 2 wide strips zest from 1 lemon with a vegetable peeler.
- ☐ Combine 1 strip zest with the vegetable oil in a small saucepan over medium heat and cook until the edges of the zest turn slightly golden, about 5 minutes.
- ☐ Let the lemon oil cool.
- ☐ Meanwhile, cook the rice as the label directs, adding the remaining strip lemon zest to the water.
- ☐ Transfer the rice to a large bowl, discarding the zest, and fluff with a fork.
- ☐ Let cool to room temperature.
- ☐ Meanwhile, make the dressing: Juice both lemons into a medium bowl.
- ☐ Add the vinegar, brown sugar, 1 1/4 teaspoons salt and 1/2 teaspoon pepper and whisk until the sugar dissolves. Discard the zest from the lemon oil, then whisk the oil into the dressing.
- ☐ Add the onion slices and let marinate 15 minutes.
- ☐ Add the carrot, cucumber, peanuts, cilantro, mint, basil and watercress to the bowl with the rice.
- ☐ Add the dressing mixture and gently toss. Per Serving: Calories: 378; Total Fat: 15.5 grams; Saturated Fat: 1 gram; Protein: grams; Total carbohydrates: 55 grams; Sugar: 4 grams; Fiber: 1.5

grams; Cholesterol: 0 milligrams; Sodium: 159 milligrams

 Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:59.92, Glycemic Load:30.93, Inflammation Score:-9, Nutrition Score:15.241739210875%

Flavonoids

Eriodictyol: 8.85mg, Eriodictyol: 8.85mg, Eriodictyol: 8.85mg, Eriodictyol: 8.85mg Hesperetin: 10.43mg, Hesperetin: 10.43mg, Hesperetin: 10.43mg, Hesperetin: 10.43mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 409.98kcal (20.5%), Fat: 15.74g (24.21%), Saturated Fat: 2.45g (15.34%), Carbohydrates: 59.72g (19.91%), Net Carbohydrates: 55.64g (20.23%), Sugar: 3.86g (4.28%), Cholesterol: 0mg (0%), Sodium: 262.7mg (11.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.02g (18.04%), Manganese: 1.12mg (55.92%), Vitamin A: 2230.28IU (44.61%), Vitamin K: 44.59µg (42.47%), Vitamin C: 25.66mg (31.11%), Fiber: 4.07g (16.29%), Vitamin B3: 3.08mg (15.38%), Selenium: 10.57µg (15.1%), Copper: 0.3mg (15.02%), Phosphorus: 147.74mg (14.77%), Magnesium: 52.55mg (13.14%), Vitamin B6: 0.23mg (11.37%), Potassium: 378.78mg (10.82%), Vitamin B5: 1.06mg (10.61%), Folate: 41.75µg (10.44%), Vitamin B1: 0.13mg (8.73%), Iron: 1.45mg (8.04%), Zinc: 1.13mg (7.55%), Calcium: 71.35mg (7.13%), Vitamin E: 1.04mg (6.93%), Vitamin B2: 0.09mg (5.13%)