



Lemon Wild Rice Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



203 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons juice of lemon
- ☐ 1.5 teaspoons lemon zest grated
- ☐ 6 oz marinated artichoke
- ☐ 0.5 cup parsley chopped
- ☐ 0.5 lb bell pepper red stemmed rinsed seeded coarsely chopped
- ☐ 12 oz rice pilaf mix long grain wild
- ☐ 8 servings salt and pepper
- ☐ 2 teaspoons sugar

☐

1 pound firm-ripe tomatoes cored rinsed coarsely chopped

Equipment

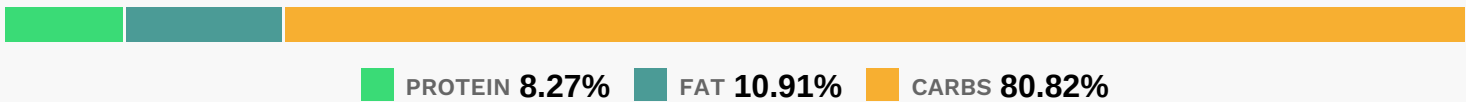
☐

bowl

Directions

- ☐
- Cook rice until tender to bite, according to package directions, then pour into a large bowl.
- ☐
- Drain marinade from artichokes into bowl with rice. Chop artichokes and add to rice.
- ☐
- Mix, then stir occasionally until rice is cool, 30 to 45 minutes.
- ☐
- Mix tomatoes, bell pepper, parsley, capers, lemon peel, lemon juice, and sugar with cool rice mixture. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:29.16, Glycemic Load:22.13, Inflammation Score:-8, Nutrition Score:13.163912887159%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 202.79kcal (10.14%), Fat: 2.44g (3.75%), Saturated Fat: 0.33g (2.06%), Carbohydrates: 40.66g (13.55%), Net Carbohydrates: 38.22g (13.9%), Sugar: 4.13g (4.59%), Cholesterol: 0mg (0%), Sodium: 282.87mg (12.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Vitamin C: 56.17mg (68.08%), Vitamin K: 67.41µg (64.2%), Vitamin A: 1888.97IU (37.78%), Manganese: 0.57mg (28.31%), Vitamin B6: 0.2mg (10.21%), Fiber: 2.43g (9.74%), Selenium: 6.47µg (9.24%), Folate: 31.82µg (7.96%), Potassium: 270.33mg (7.72%), Phosphorus: 72.55mg (7.26%), Copper: 0.14mg (6.94%), Vitamin B3: 1.35mg (6.75%), Vitamin B5: 0.6mg (5.95%), Magnesium: 22.54mg (5.64%), Iron: 1.01mg (5.61%), Vitamin E: 0.84mg (5.59%), Vitamin B1: 0.07mg (4.72%), Zinc: 0.68mg (4.5%), Vitamin B2: 0.06mg (3.57%), Calcium: 29.96mg (3%)