



Louisville Rice Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



130 min.

SERVINGS



6

CALORIES



155 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon chives fresh chopped
- 1 tablespoon tarragon fresh chopped
- 0.3 cup juice of lemon
- 0.5 teaspoon salt
- 0.5 cup vegetable oil
- 2 cups water
- 1 cup rice white uncooked
- 1 teaspoon sugar white

0.3 cup red-wine vinegar

Equipment

bowl

sauce pan

Directions

Bring rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes.

Let rice cool for at least 30 minutes, stirring several times as it cools.

Transfer to a large salad bowl.

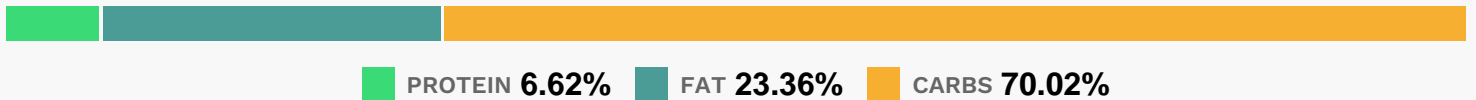
Mix vegetable oil, lemon juice, wine vinegar, sugar, chives, tarragon, and salt together in a bowl until the sugar and salt have dissolved.

Pour dressing over the cooled rice and stir to combine.

Mix your choice of slivered almonds, raisins, mandarin orange segments, onion, celery, bell pepper, and peas into the rice mixture and lightly toss to combine.

Cover salad and refrigerate until chilled, at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:41.05, Glycemic Load:15.66, Inflammation Score:-2, Nutrition Score:3.8178260430046%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 154.95kcal (7.75%), Fat: 3.95g (6.08%), Saturated Fat: 0.64g (3.98%), Carbohydrates: 26.65g (8.88%), Net Carbohydrates: 26.12g (9.5%), Sugar: 0.97g (1.08%), Cholesterol: 0mg (0%), Sodium: 200.92mg (8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.04%), Manganese: 0.44mg (21.83%), Vitamin K: 7.78µg (7.41%), Selenium: 4.73µg (6.75%), Vitamin C: 4.86mg (5.89%), Copper: 0.09mg (4.6%), Vitamin B6: 0.08mg (4.2%), Phosphorus: 41.01mg (4.1%), Iron: 0.69mg (3.82%), Magnesium: 13.77mg (3.44%), Vitamin B5: 0.33mg (3.28%), Vitamin B3: 0.61mg (3.05%), Zinc: 0.4mg (2.67%), Calcium: 26.08mg (2.61%), Potassium: 86.58mg (2.47%), Vitamin E: 0.35mg (2.32%), Fiber: 0.53g (2.12%), Folate: 8.22µg (2.06%), Vitamin B2: 0.03mg (1.94%), Vitamin B1: 0.03mg (1.82%), Vitamin A: 71.38IU (1.43%)