



## Mango and Basmati Rice Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



226 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 cups rice white
- 0.3 teaspoon ground nutmeg
- 0.5 cup juice of lime
- 2 firm-ripe mangoes (1 lb. each)
- 1 cup orange juice
- 8 servings salt
- 4 teaspoons sugar

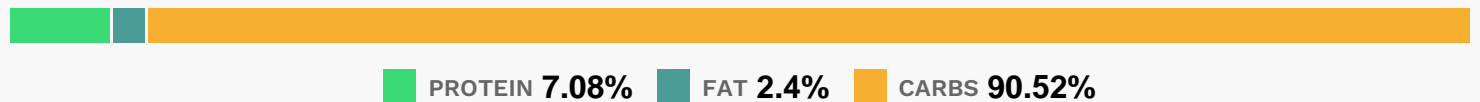
### Equipment

- bowl
- frying pan
- colander

## Directions

- In a large bowl, stir rice in cool water; drain. Repeat several times until water is no longer cloudy.
- Drain rice.
- In a 2- to 3-quart pan, combine rice and 3 cups water. Bring to a boil over high heat, cover, and turn heat to lowest setting. Cook until rice is tender to bite, about 15 minutes; do not stir.
- Pour hot rice into a colander to drain; let stand until warm, about 15 minutes, or cool.
- In a wide bowl, combine orange and lime juices, sugar, and 1/4 teaspoon nutmeg.
- Cut peel from mangoes, then cut fruit in small pieces into bowl; discard the pits.
- Pour rice into bowl, mix, and add salt to taste.
- Sprinkle salad with more nutmeg, then flowers.

## Nutrition Facts



## Properties

Glycemic Index:38.13, Glycemic Load:28.9, Inflammation Score:-6, Nutrition Score:8.0173913084942%

## Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg, Hesperetin: 5.06mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 225.62kcal (11.28%), Fat: 0.6g (0.93%), Saturated Fat: 0.16g (0.97%), Carbohydrates: 51.26g (17.09%), Net Carbohydrates: 49.69g (18.07%), Sugar: 12.02g (13.35%), Cholesterol: 0mg (0%), Sodium: 197.26mg (8.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.01%), Vitamin C: 38.88mg (47.12%), Manganese: 0.55mg (27.26%), Vitamin A: 629.56IU (12.59%), Selenium: 7.35µg (10.51%), Folate: 36.81µg (9.2%), Copper: 0.18mg (8.89%), Vitamin B6: 0.16mg (7.78%), Phosphorus: 67.95mg (6.8%), Vitamin B5: 0.65mg (6.48%), Potassium: 220.12mg (6.29%), Fiber: 1.56g (6.26%), Vitamin B3: 1.23mg (6.16%), Magnesium: 21.48mg (5.37%), Vitamin B1: 0.08mg (5.25%), Zinc: 0.58mg (3.87%), Vitamin E: 0.56mg (3.75%), Vitamin B2: 0.05mg (3.19%), Iron: 0.53mg (2.96%), Calcium: 24.42mg (2.44%), Vitamin K: 2.34µg (2.23%)