



Mediterranean Basmati Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



349 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.3 cups rice uncooked
- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons currants dried
- ☐ 2.5 ounces feta cheese crumbled
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons pinenuts toasted
- ☐ 0.5 teaspoon salt

- ☐ 2 sun-dried tomatoes packed
- ☐ 0.3 cup water hot
- ☐ 2 cups water

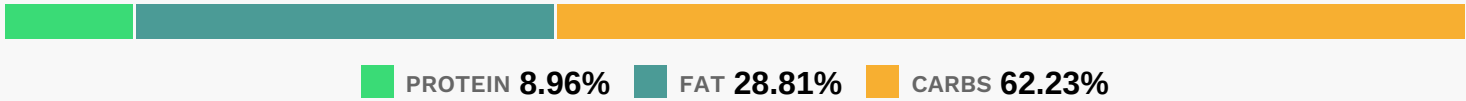
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine tomatoes and water in a small bowl; let stand 10 minutes.
- ☐ Drain and chop; set aside.
- ☐ Place rice in a large bowl; cover with water to 2 inches above rice. Soak 30 minutes; stirring occasionally.
- ☐ Drain and rinse.
- ☐ Combine rice and 2 cups water in a small saucepan; stir in salt. Bring to a boil over medium-high heat, stirring frequently. Boil 5 minutes or until water level falls just below rice. Cover, reduce heat to low, and cook 10 minutes.
- ☐ Remove from heat; let stand, covered, 10 minutes.
- ☐ Spoon rice into a bowl; cool completely and fluff with a fork. Stir in tomatoes, feta, and next 4 ingredients (through pepper); toss well to combine.
- ☐ Sprinkle with pine nuts.

Nutrition Facts



Properties

Glycemic Index:43.8, Glycemic Load:29.51, Inflammation Score:-3, Nutrition Score:10.049565091081%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg

Nutrients (% of daily need)

Calories: 348.95kcal (17.45%), Fat: 11.18g (17.21%), Saturated Fat: 3.21g (20.04%), Carbohydrates: 54.35g (18.12%), Net Carbohydrates: 52.73g (19.17%), Sugar: 5.3g (5.89%), Cholesterol: 15.77mg (5.26%), Sodium: 507.48mg (22.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.83g (15.66%), Manganese: 1.17mg (58.69%), Phosphorus: 167.95mg (16.8%), Selenium: 11.54µg (16.48%), Copper: 0.27mg (13.34%), Vitamin B2: 0.21mg (12.45%), Calcium: 122.88mg (12.29%), Zinc: 1.55mg (10.36%), Vitamin B6: 0.2mg (10.19%), Magnesium: 38.56mg (9.64%), Vitamin B5: 0.81mg (8.08%), Vitamin B3: 1.58mg (7.88%), Vitamin E: 1.08mg (7.17%), Vitamin B1: 0.11mg (7.03%), Iron: 1.25mg (6.93%), Fiber: 1.62g (6.48%), Potassium: 215.88mg (6.17%), Vitamin K: 6.06µg (5.77%), Vitamin B12: 0.3µg (4.99%), Folate: 16.3µg (4.07%), Vitamin A: 197.32IU (3.95%), Vitamin C: 1.58mg (1.91%)