



Mediterranean Brown Rice Salad



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



304 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1.5 cups brown rice uncooked
- ☐ 1.3 teaspoons dijon mustard
- ☐ 0.3 cup feta cheese
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 0.3 cup kalamata olives chopped
- ☐ 1 cup peas green frozen thawed
- ☐ 0.5 cup raisins

- ☐ 1 bell pepper red thinly sliced
- ☐ 0.3 onion sweet chopped vidalia® (such as)
- ☐ 0.5 cup vegetable oil
- ☐ 3 cups water

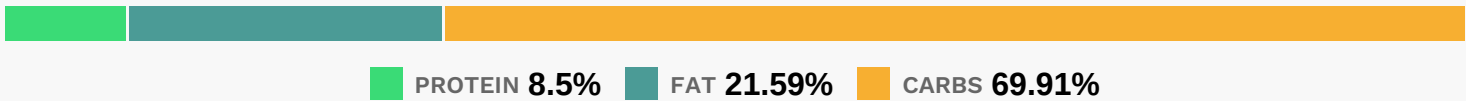
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring brown rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low; cover and simmer until rice is tender and the liquid is absorbed, 45 to 50 minutes.
- ☐ Combine red bell pepper, peas, raisins, onion, and olives in a bowl.
- ☐ Whisk vegetable oil, vinegar, and mustard together in a separate bowl for the balsamic dressing.
- ☐ Stir brown rice and balsamic dressing into vegetable mixture. Season with salt and black pepper.
- ☐ Top brown rice and vegetables with feta cheese before serving.

Nutrition Facts



Properties

Glycemic Index:55.81, Glycemic Load:27.57, Inflammation Score:-8, Nutrition Score:16.417391234766%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 303.94kcal (15.2%), Fat: 7.38g (11.36%), Saturated Fat: 1.81g (11.3%), Carbohydrates: 53.77g (17.92%), Net Carbohydrates: 49.16g (17.88%), Sugar: 4.53g (5.03%), Cholesterol: 5.56mg (1.85%), Sodium: 187.23mg (8.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.07%), Manganese: 1.97mg (98.74%), Vitamin C: 36.37mg (44.09%), Magnesium: 88.08mg (22.02%), Vitamin B6: 0.41mg (20.51%), Vitamin B1: 0.3mg (20.22%), Phosphorus: 194.03mg (19.4%), Fiber: 4.61g (18.44%), Vitamin A: 855.76IU (17.12%), Vitamin B3: 2.98mg (14.9%), Vitamin K: 14.06µg (13.39%), Copper: 0.25mg (12.71%), Potassium: 365.24mg (10.44%), Zinc: 1.56mg (10.39%), Iron: 1.82mg (10.09%), Folate: 40.12µg (10.03%), Vitamin B5: 0.88mg (8.82%), Vitamin B2: 0.15mg (8.7%), Calcium: 70.5mg (7.05%), Vitamin E: 0.88mg (5.83%), Selenium: 1.94µg (2.78%), Vitamin B12: 0.11µg (1.76%)