



Mediterranean Chicken-and-Brown Rice Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



308 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup brown rice long-grain uncooked
- ☐ 19 ounce chickpeas drained canned (garbanzo beans)
- ☐ 0.5 cup basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 10.5 ounce low-salt chicken broth canned
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup olives ripe coarsely chopped
- ☐ 1 cup onion coarsely chopped

- ☐ 0.3 cup oregano fresh chopped
- ☐ 2 cups plum tomatoes coarsely chopped
- ☐ 1.8 cups ready-to-eat roasted skinned cubed (2 breasts)
- ☐ 0.3 teaspoon salt
- ☐ 1 cup water
- ☐ 2 tablespoons balsamic vinegar white

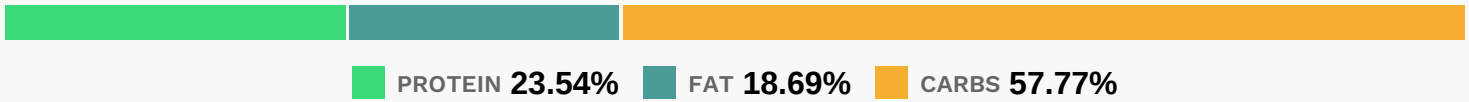
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Heat the olive oil in a large saucepan over medium-high heat.
- ☐ Add onion, and saut for 3 minutes.
- ☐ Add rice, and saut for 1 minute. Stir in the water and broth, and bring to a boil. Cover, reduce heat to medium-low, and cook for 45 minutes or until the liquid is absorbed. Spoon into a large bowl; fluff with a fork.
- ☐ Add tomato and remaining ingredients, and toss well.
- ☐ Serve at room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:53.18, Glycemic Load:18.77, Inflammation Score:-10, Nutrition Score:21.654347897872%

Flavonoids

Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg

Nutrients (% of daily need)

Calories: 308.2kcal (15.41%), Fat: 6.51g (10.02%), Saturated Fat: 1.05g (6.59%), Carbohydrates: 45.27g (15.09%), Net Carbohydrates: 37.76g (13.73%), Sugar: 4.19g (4.66%), Cholesterol: 28mg (9.33%), Sodium: 510.1mg (22.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.45g (36.9%), Manganese: 2.2mg (109.86%), Vitamin B6: 1.05mg (52.58%), Vitamin B3: 7.35mg (36.77%), Fiber: 7.51g (30.06%), Phosphorus: 295.69mg (29.57%), Vitamin K: 28.06µg (26.72%), Magnesium: 101.32mg (25.33%), Selenium: 16.22µg (23.17%), Potassium: 688mg (19.66%), Copper: 0.36mg (17.85%), Iron: 3.1mg (17.22%), Vitamin C: 14.11mg (17.1%), Vitamin A: 845.77IU (16.92%), Vitamin B1: 0.24mg (15.76%), Vitamin B5: 1.5mg (14.97%), Folate: 53.72µg (13.43%), Zinc: 1.83mg (12.23%), Calcium: 102.97mg (10.3%), Vitamin E: 1.3mg (8.68%), Vitamin B2: 0.12mg (7.15%), Vitamin B12: 0.14µg (2.29%)