



Mediterranean Rice Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



200 min.

SERVINGS



7

CALORIES



193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 oz black beans rinsed drained canned
- 4 cups brown rice cooked
- 1.5 cups cucumber quartered
- 0.3 cup parsley fresh chopped
- 0.5 cup onion chopped
- 1 cup tomatoes seeded chopped
- 0.8 cup seven seas italian
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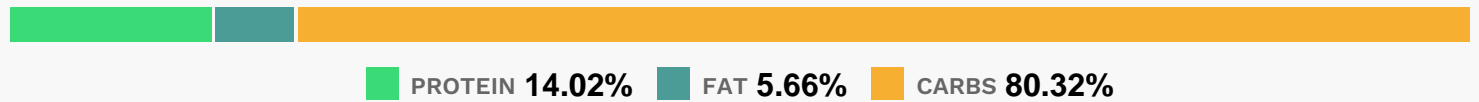
Equipment

bowl

Directions

- Toss all ingredients except dressing in large bowl.
- Add dressing; toss to coat. Cover.
- Refrigerate several hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:23.46, Glycemic Load:13.16, Inflammation Score:-6, Nutrition Score:13.203912929348%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 4.62mg, Apigenin: 4.62mg, Apigenin: 4.62mg, Apigenin: 4.62mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg, Quercetin: 2.45mg

Nutrients (% of daily need)

Calories: 192.68kcal (9.63%), Fat: 1.22g (1.87%), Saturated Fat: 0.25g (1.54%), Carbohydrates: 38.9g (12.97%), Net Carbohydrates: 31.99g (11.63%), Sugar: 1.46g (1.62%), Cholesterol: 0mg (0%), Sodium: 237.68mg (10.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.79g (13.59%), Manganese: 1.43mg (71.36%), Vitamin K: 38.92µg (37.07%), Fiber: 6.92g (27.67%), Magnesium: 78.27mg (19.57%), Phosphorus: 167.06mg (16.71%), Vitamin B1: 0.22mg (14.83%), Folate: 54.13µg (13.53%), Copper: 0.25mg (12.37%), Vitamin B6: 0.25mg (12.33%), Potassium: 392.9mg (11.23%), Iron: 2.02mg (11.23%), Vitamin C: 9.16mg (11.11%), Vitamin B3: 2.04mg (10.18%), Zinc: 1.15mg (7.64%), Vitamin A: 381IU (7.62%), Vitamin B5: 0.66mg (6.59%), Vitamin B2: 0.1mg (6.04%), Calcium: 44.11mg (4.41%), Selenium: 0.88µg (1.25%)