



Mediterranean Rice Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



226 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup olives black pitted
- 1 dill pickle spear diced
- 1 cup style green beans french canned drained
- 3 cloves garlic finely chopped
- 1 bell pepper diced green
- 3 tablespoons olive oil extra-virgin divided
- 1 roasted pepper diced red drained
- 2 roma tomatoes diced (plum)

- 2.5 cups water
- 1 cup rice long grain white uncooked
- 1 tablespoon citrus champagne vinegar

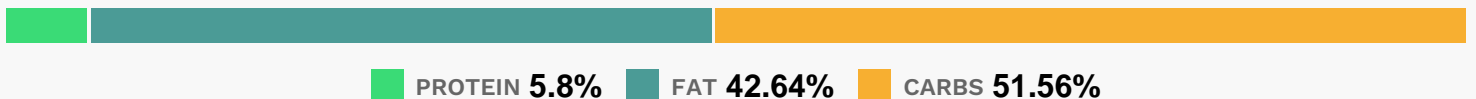
Equipment

- bowl
- frying pan

Directions

- Heat 2 tablespoons olive oil in a skillet over medium heat. Stir in rice, and cook until lightly browned.
- Pour in the water. Bring to a boil, reduce heat to low, and simmer until all liquid has been absorbed.
- In a large bowl, mix the green beans, olives, red pepper, green pepper, pickle, tomatoes, and garlic. Toss with the rice.
- Sprinkle with vinegar and remaining 1 tablespoon olive oil, and toss to coat. Cover, and refrigerate 1 hour, or until completely cooled, before serving.

Nutrition Facts



Properties

Glycemic Index:30.86, Glycemic Load:15.61, Inflammation Score:-5, Nutrition Score:7.7695651987325%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 225.54kcal (11.28%), Fat: 10.83g (16.67%), Saturated Fat: 1.52g (9.48%), Carbohydrates: 29.48g (9.83%), Net Carbohydrates: 27.04g (9.83%), Sugar: 1.93g (2.14%), Cholesterol: 0mg (0%), Sodium: 532.75mg (23.16%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.63%), Vitamin C: 24.59mg (29.81%), Manganese: 0.46mg (23.2%), Vitamin K: 17.39µg (16.56%), Vitamin E: 2.17mg (14.49%), Vitamin A: 512.49IU (10.25%), Fiber: 2.44g (9.75%), Vitamin B6: 0.18mg (8.88%), Copper: 0.16mg (8.21%), Selenium: 5.2µg (7.43%), Phosphorus: 57.71mg (5.77%), Potassium: 195.48mg (5.59%), Magnesium: 21.92mg (5.48%), Vitamin B3: 0.96mg (4.78%), Vitamin B1: 0.07mg (4.66%), Iron: 0.82mg (4.55%), Calcium: 45.44mg (4.54%), Vitamin B5: 0.41mg (4.14%), Folate: 16.17µg (4.04%), Zinc: 0.5mg (3.34%), Vitamin B2: 0.05mg (3.23%)