



Mediterranean Rice Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



355 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups cucumber peeled chopped
- ☐ 4 ounce feta cheese crumbled
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 teaspoon ground pepper white
- ☐ 0.8 cup slivered kalamata olives pitted
- ☐ 0.3 cup olive oil
- ☐ 1.5 tablespoons oregano fresh minced
- ☐ 2 ounce pimientos diced drained

- ☐ 0.5 cup pinenuts toasted
- ☐ 1 cup rice long-grain uncooked
- ☐ 1 teaspoon salt
- ☐ 2.3 cups water
- ☐ 2 tablespoons citrus champagne vinegar

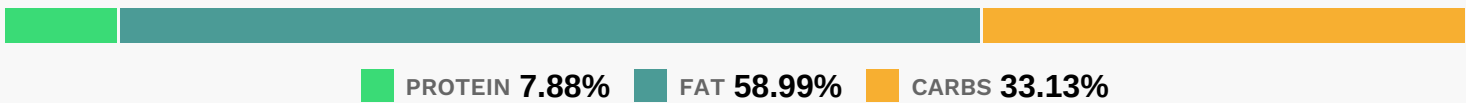
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Sprinkle cucumber with 1 teaspoon salt; cover and let stand 30 minutes. Rinse well.
- ☐ Bring water to a boil in a medium saucepan; stir in rice and 1 teaspoon salt. Cover, reduce heat, and simmer 20 minutes or until rice is tender and liquid is absorbed.
- ☐ Combine cucumber, rice, olives, and next 5 ingredients in a large bowl.
- ☐ Combine olive oil, vinegar, and pepper in a small bowl, stirring well with a wire whisk.
- ☐ Pour olive oil mixture over rice mixture; toss gently. Cover and chill.
- ☐ Serve on lettuce leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:30.86, Glycemic Load:15.32, Inflammation Score:-9, Nutrition Score:15.366087001303%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 354.66kcal (17.73%), Fat: 23.71g (36.48%), Saturated Fat: 4.74g (29.61%), Carbohydrates: 29.96g (9.99%), Net Carbohydrates: 27.48g (9.99%), Sugar: 1.38g (1.53%), Cholesterol: 16.82mg (5.61%), Sodium: 877.06mg (38.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.25%), Manganese: 1.44mg (72.04%), Vitamin K: 64.22µg (61.16%), Vitamin E: 3.39mg (22.62%), Phosphorus: 177.47mg (17.75%), Vitamin C: 14.4mg (17.45%), Copper: 0.3mg (15%), Calcium: 144.85mg (14.48%), Vitamin B2: 0.23mg (13.28%), Vitamin A: 656.03IU (13.12%), Magnesium: 51.92mg (12.98%), Zinc: 1.76mg (11.76%), Iron: 2.06mg (11.43%), Selenium: 7.84µg (11.2%), Vitamin B6: 0.2mg (10.19%), Fiber: 2.48g (9.93%), Vitamin B1: 0.11mg (7.46%), Vitamin B3: 1.39mg (6.95%), Vitamin B5: 0.64mg (6.37%), Folate: 24.94µg (6.24%), Potassium: 216.73mg (6.19%), Vitamin B12: 0.32µg (5.32%)