



Minty summer rice salad



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



499 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 250 g rice long grain
- ☐ 250 g asparagus cut in bite-size pieces
- ☐ 1 bell pepper red seeded chopped
- ☐ 3 tbsp olive oil
- ☐ 1 lemon zest
- ☐ 250 g packs mozzarella mini halved chopped
- ☐ 1 large bunch mint leaves shredded

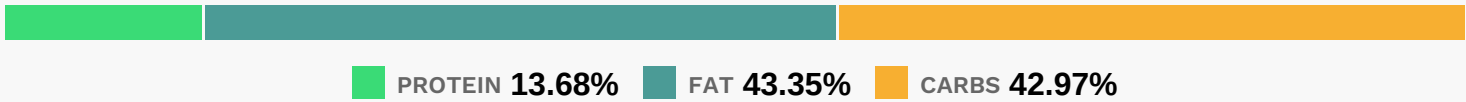
Equipment

- ☐ frying pan
- ☐ sieve

Directions

- ☐ Drop the rice into a pan of boiling salted water and cook for 10 minutes. Toss in the asparagus and cook for a further 3–4 minutes until the rice is completely cooked and the asparagus is only slightly crunchy.
- ☐ Drain into a sieve and hold under the cold tap until cool.
- ☐ When the rice is cold, stir in the red pepper, oil, lemon zest and juice, mozzarella and mint leaves. Season well.

Nutrition Facts



Properties

Glycemic Index:31.3, Glycemic Load:30.81, Inflammation Score:-8, Nutrition Score:15.183913023575%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 3.56mg, Isorhamnetin: 3.56mg, Isorhamnetin: 3.56mg, Isorhamnetin: 3.56mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Quercetin: 8.81mg, Quercetin: 8.81mg, Quercetin: 8.81mg, Quercetin: 8.81mg

Nutrients (% of daily need)

Calories: 498.83kcal (24.94%), Fat: 24.47g (37.64%), Saturated Fat: 6.04g (37.78%), Carbohydrates: 54.58g (18.19%), Net Carbohydrates: 51.59g (18.76%), Sugar: 2.56g (2.85%), Cholesterol: 22.5mg (7.5%), Sodium: 50.55mg (2.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.37g (34.75%), Vitamin C: 43.83mg (53.13%), Manganese: 0.82mg (41.19%), Vitamin K: 33.84µg (32.23%), Vitamin A: 1447.2IU (28.94%), Calcium: 262.32mg (26.23%), Vitamin E: 2.76mg (18.41%), Selenium: 10.92µg (15.59%), Copper: 0.27mg (13.27%), Folate: 52.52µg (13.13%), Vitamin B6: 0.25mg (12.49%), Fiber: 2.99g (11.95%), Iron: 2.09mg (11.59%), Phosphorus: 113.02mg (11.3%), Vitamin B1: 0.15mg (10.06%), Vitamin B3: 1.93mg (9.63%), Vitamin B5: 0.91mg (9.07%), Vitamin B2: 0.15mg (8.7%), Potassium: 269.09mg (7.69%), Zinc: 1.11mg (7.39%), Magnesium: 28.97mg (7.24%)