



Orange-Basmati Salad with Pine Nuts and Pomegranate Seeds



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



229 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup rice uncooked
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons olive oil extravirgin
- ☐ 3 tablespoons flat-leaf parsley fresh chopped
- ☐ 0.3 cup orange juice fresh
- ☐ 2 teaspoons orange rind grated
- ☐ 2 cups orange sections (3 oranges)

- ☐ 0.3 cup pinenuts toasted
- ☐ 0.5 cup pomegranate seeds
- ☐ 1 teaspoon salt divided
- ☐ 2 cups water
- ☐ 0.3 cup citrus champagne vinegar

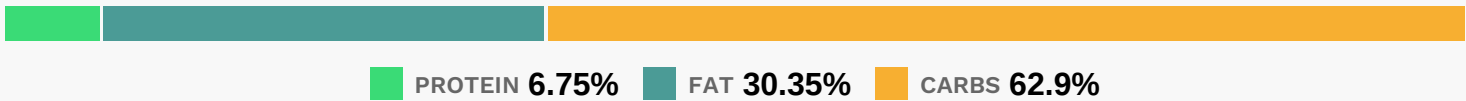
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring the water to a boil in a medium saucepan over medium-high heat.
- ☐ Add rice and 3/4 teaspoon salt; cover, reduce heat, and simmer 15 minutes or until liquid is absorbed.
- ☐ Remove from heat; fluff rice with a fork. Cool completely.
- ☐ Combine 1/4 teaspoon salt, vinegar, and next 4 ingredients (vinegar through pepper), stirring with a whisk.
- ☐ Combine rice, vinegar mixture, orange sections, and remaining ingredients; toss gently to combine.

Nutrition Facts



Properties

Glycemic Index:47.78, Glycemic Load:19.16, Inflammation Score:-5, Nutrition Score:10.98565222906%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 17.58mg, Hesperetin: 17.58mg, Hesperetin: 17.58mg, Hesperetin: 17.58mg Naringenin: 9.41mg, Naringenin: 9.41mg, Naringenin: 9.41mg, Naringenin: 9.41mg Apigenin: 4.31mg, Apigenin: 4.31mg

Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg
Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.39mg, Myricetin:
0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin:
0.3mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 229kcal (11.45%), Fat: 7.82g (12.04%), Saturated Fat: 0.85g (5.29%), Carbohydrates: 36.47g (12.16%), Net
Carbohydrates: 33.7g (12.25%), Sugar: 8.61g (9.56%), Cholesterol: 0mg (0%), Sodium: 395.71mg (17.2%), Alcohol: 0g
(0%), Alcohol %: 0% (100%), Protein: 3.92g (7.83%), Vitamin C: 42.14mg (51.08%), Manganese: 0.88mg (44.13%),
Vitamin K: 40.36µg (38.44%), Fiber: 2.77g (11.1%), Copper: 0.21mg (10.69%), Phosphorus: 85.11mg (8.51%), Vitamin E:
1.27mg (8.5%), Folate: 33.93µg (8.48%), Magnesium: 33.09mg (8.27%), Vitamin B1: 0.12mg (7.69%), Selenium:
5.09µg (7.27%), Potassium: 248.16mg (7.09%), Vitamin A: 329.03IU (6.58%), Vitamin B5: 0.56mg (5.64%), Zinc:
0.83mg (5.53%), Vitamin B6: 0.11mg (5.47%), Vitamin B3: 1.02mg (5.12%), Iron: 0.88mg (4.91%), Calcium: 43.48mg
(4.35%), Vitamin B2: 0.06mg (3.82%)