



Orange Rice Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



50

CALORIES



19 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup olives black sliced
- 0.5 cup celery sliced
- 2 cups brown rice cooled cooked
- 2 navel oranges peeled chopped
- 2 Tbsp onions finely chopped
- 0.3 tsp pepper
- 0.5 cup seasons dressing mix italian good prepared
- 0.5 tsp salt

0.5 tsp tarragon leaves dried

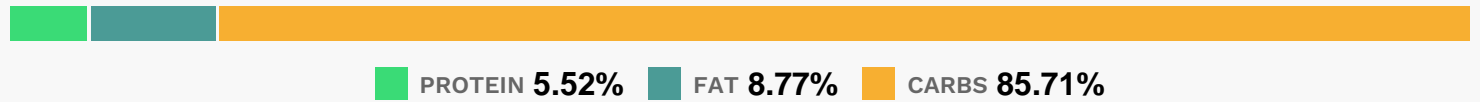
Equipment

Directions

Combine all ingredients; cover.

Refrigerate several hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:4.26, Glycemic Load:0.9, Inflammation Score:-1, Nutrition Score:0.81826087395134%

Flavonoids

Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 19.41kcal (0.97%), Fat: 0.18g (0.28%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 3.96g (1.32%), Net Carbohydrates: 3.65g (1.33%), Sugar: 0.51g (0.57%), Cholesterol: 0mg (0%), Sodium: 212.2mg (9.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.51%), Manganese: 0.09mg (4.57%), Vitamin C: 3.38mg (4.1%), Fiber: 0.31g (1.25%), Magnesium: 4.35mg (1.09%)