



Orange Vinaigrette Brown Rice Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



4

CALORIES



428 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1.5 cups brown rice uncooked
- ☐ 2 tablespoons honey
- ☐ 0.3 cup slivered onion red
- ☐ 2 large cranberry-orange relish peeled cut into bite-size
- ☐ 0.7 cup orange juice
- ☐ 2 teaspoons orange zest
- ☐ 0.5 teaspoon salt

- ☐ 1.5 cups spinach leaves packed
- ☐ 2 tablespoons vegetable oil
- ☐ 3 cups water

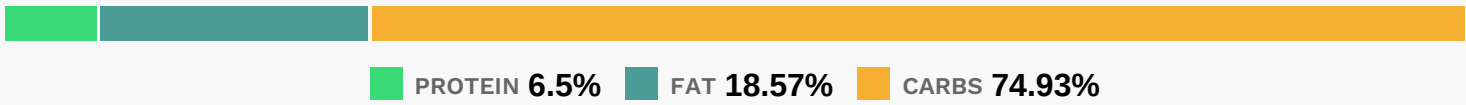
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a large saucepan combine rice and water. Cook over high heat until mixture boils. Reduce heat to low, cover and cook for 45 to 60 minutes or until rice has absorbed all liquid.
- ☐ Meanwhile, in a small bowl whisk the orange juice, oil, balsamic vinegar, honey, orange zest and salt.
- ☐ Pour dressing over hot cooked rice and mix well. Cover and chill until cold.
- ☐ Just before serving stir the spinach leaves, oranges and onion into the rice mixture.

Nutrition Facts



Properties

Glycemic Index:78.63, Glycemic Load:41.85, Inflammation Score:-9, Nutrition Score:23.354782638342%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 30.01mg, Hesperetin: 30.01mg, Hesperetin: 30.01mg, Hesperetin: 30.01mg Naringenin: 14.98mg, Naringenin: 14.98mg, Naringenin: 14.98mg, Naringenin: 14.98mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg

Nutrients (% of daily need)

Calories: 427.73kcal (21.39%), Fat: 8.96g (13.79%), Saturated Fat: 1.46g (9.1%), Carbohydrates: 81.34g (27.11%), Net Carbohydrates: 76.03g (27.65%), Sugar: 22.5g (25%), Cholesterol: 0mg (0%), Sodium: 314.53mg (13.68%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.1%), Manganese: 2.83mg (141.67%), Vitamin C: 75.17mg (91.12%), Vitamin K: 66.94µg (63.75%), Magnesium: 129.03mg (32.26%), Vitamin B1: 0.43mg (28.51%), Vitamin A: 1349.05IU (26.98%), Vitamin B6: 0.48mg (23.83%), Phosphorus: 219.54mg (21.95%), Fiber: 5.31g (21.26%), Folate: 79.12µg (19.78%), Vitamin B3: 3.61mg (18.06%), Copper: 0.31mg (15.61%), Potassium: 538.98mg (15.4%), Vitamin B5: 1.41mg (14.08%), Zinc: 1.66mg (11.05%), Iron: 1.9mg (10.58%), Calcium: 88.97mg (8.9%), Vitamin E: 0.97mg (6.48%), Vitamin B2: 0.11mg (6.45%), Selenium: 0.78µg (1.11%)