



Persian Cucumber and Purple Rice Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



140 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 teaspoons coriander seeds toasted
- ☐ 1 pound persian cucumbers mini sliced quartered (also called cucumbers; 6)
- ☐ 1 cup purple jasmine rice
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 bunch scallions thinly sliced
- ☐ 1.3 cups water

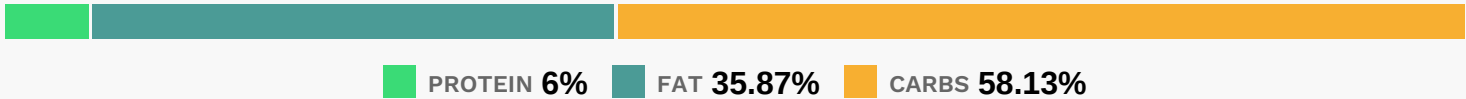
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife

Directions

- ☐ Bring rice, water, and 1/4 teaspoon salt to a boil in a small heavy saucepan, then reduce heat to low and cook, covered, until rice is tender and water is absorbed, about 20 minutes.
- ☐ Remove from heat and let stand, covered, 10 minutes.
- ☐ Spread rice evenly in a lightly oiled 4-sided sheet pan and cool completely.Coarsely smash coriander seeds with side of a large knife.
- ☐ Toss rice with coriander, remaining ingredients, and 1/4 teaspoon salt in a large bowl and let stand at room temperature 1 hour.
- ☐ Rice, without other ingredients, can be cooked 1 day ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:13.52, Glycemic Load:11.3, Inflammation Score:-2, Nutrition Score:3.8565217152886%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 140.21kcal (7.01%), Fat: 5.57g (8.57%), Saturated Fat: 0.78g (4.87%), Carbohydrates: 20.31g (6.77%), Net Carbohydrates: 19.32g (7.02%), Sugar: 0.93g (1.04%), Cholesterol: 0mg (0%), Sodium: 4.9mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.19%), Manganese: 0.31mg (15.25%), Vitamin K: 13.48µg (12.83%),

Vitamin E: 0.82mg (5.45%), Selenium: 3.67µg (5.24%), Copper: 0.1mg (5.19%), Vitamin C: 3.59mg (4.35%), Phosphorus: 41.3mg (4.13%), Fiber: 0.99g (3.96%), Vitamin B5: 0.38mg (3.76%), Magnesium: 14.94mg (3.74%), Vitamin B6: 0.07mg (3.51%), Potassium: 118.88mg (3.4%), Folate: 12.02µg (3.01%), Zinc: 0.38mg (2.56%), Iron: 0.45mg (2.5%), Vitamin B1: 0.04mg (2.46%), Calcium: 21.14mg (2.11%), Vitamin B3: 0.42mg (2.09%), Vitamin B2: 0.03mg (1.74%), Vitamin A: 71.06IU (1.42%)