



WHATSheATE



Red Rice and Quinoa Salad with Orange and Pistachios



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



30

CALORIES



80 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups baby arugula
- ☐ 0.5 cup apricot dried cut into 1/3-inch dice
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 medium onion thinly sliced
- ☐ 0.3 cup orange juice fresh

- ☐ 1.5 teaspoons orange zest finely grated
- ☐ 0.5 cup pistachios chopped
- ☐ 1 cup quinoa
- ☐ 1 cup rice red
- ☐ 30 servings salt and pepper freshly ground
- ☐ 4 spring onion thinly sliced

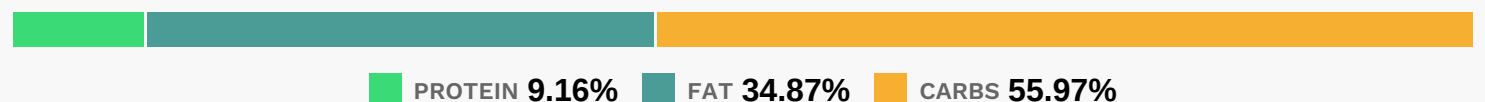
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan

Directions

- ☐ Bring 2 medium saucepans of salted water to a boil.
- ☐ Add the quinoa to 1 saucepan and the red rice to the other. Cover and simmer over moderate heat until tender, about 12 minutes for the quinoa and 35 minutes for the rice.
- ☐ Drain the grains and spread them out on baking sheets to cool.
- ☐ In a medium skillet, heat 1 tablespoon of the olive oil.
- ☐ Add the onion, season with salt and pepper. Cover and cook over moderate heat, stirring occasionally, until golden brown, about 10 minutes.
- ☐ Let cool.
- ☐ In a large bowl, combine the orange juice, orange zest, lemon juice, garlic and the remaining 3 tablespoons of olive oil; season with salt and pepper.
- ☐ Add the quinoa, rice, onion, apricots, pistachios and scallions and toss well.
- ☐ Serve with the arugula.

Nutrition Facts



Properties

Glycemic Index:9.52, Glycemic Load:3.7, Inflammation Score:-2, Nutrition Score:3.1365217229594%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 79.92kcal (4%), Fat: 3.15g (4.84%), Saturated Fat: 0.42g (2.61%), Carbohydrates: 11.37g (3.79%), Net Carbohydrates: 10.38g (3.78%), Sugar: 1.79g (1.99%), Cholesterol: 0mg (0%), Sodium: 195.47mg (8.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.72%), Manganese: 0.23mg (11.31%), Vitamin K: 5.94µg (5.66%), Phosphorus: 47.6mg (4.76%), Magnesium: 17.58mg (4.39%), Copper: 0.09mg (4.33%), Vitamin B6: 0.08mg (4.24%), Folate: 16.16µg (4.04%), Fiber: 0.99g (3.96%), Vitamin E: 0.56mg (3.75%), Vitamin B1: 0.05mg (3.26%), Vitamin C: 2.65mg (3.21%), Potassium: 106.53mg (3.04%), Iron: 0.52mg (2.87%), Vitamin A: 141.02IU (2.82%), Selenium: 1.65µg (2.36%), Zinc: 0.32mg (2.12%), Vitamin B2: 0.03mg (1.79%), Vitamin B3: 0.3mg (1.49%), Vitamin B5: 0.15mg (1.47%), Calcium: 12.68mg (1.27%)