



## Rice and Rosemary Blossom Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



224 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup chives chopped
- 3 tablespoons juice of lemon
- 2 tablespoons olive oil extra-virgin
- 0.3 cup parsley leaves italian rinsed drained
- 3 tablespoons rosemary blossoms rinsed drained
- 0.5 teaspoon salt
- 6 servings salt
- 0.5 cup walnut pieces

1 cup rice long-grain white

## Equipment

bowl

frying pan

## Directions

In a 3- to 4-quart pan over high heat, bring rice, 1/2 teaspoon salt, and 2 cups water to a boil. Cover, reduce heat, and simmer until rice is tender to bite, about 20 minutes. Scrape rice into a wide shallow bowl, fluff with a fork, and let stand until cool, about 30 minutes.

Meanwhile, in an 8- to 10-inch frying pan over medium heat, frequently stir walnuts with 1 tablespoon oil until nuts are golden beneath skins, about 5 minutes.

Pour nut mixture over rice.

Add remaining olive oil, and lemon juice, chives, and parsley; add salt to taste.

Mix with a fork.

Sprinkle salad with rosemary blossoms.

## Nutrition Facts



**PROTEIN 6.82%** **FAT 45.13%** **CARBS 48.05%**

## Properties

Glycemic Index:38.03, Glycemic Load:15.16, Inflammation Score:-5, Nutrition Score:8.0434782919676%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 223.92kcal (11.2%), Fat: 11.43g (17.58%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 27.38g (9.13%), Net Carbohydrates: 25.75g (9.36%), Sugar: 0.53g (0.59%), Cholesterol: 0mg (0%), Sodium: 391.43mg (17.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.77%), Vitamin K: 47.65µg (45.38%), Manganese: 0.7mg (34.96%), Copper: 0.24mg (11.81%), Vitamin C: 7.93mg (9.62%), Selenium: 5.21µg (7.44%), Phosphorus: 72.91mg (7.29%), Magnesium: 27.72mg (6.93%), Fiber: 1.63g (6.51%), Vitamin B6: 0.13mg (6.42%), Vitamin A: 316.83IU (6.34%), Iron: 1.04mg (5.78%), Folate: 22.14µg (5.54%), Vitamin E: 0.81mg (5.38%), Zinc: 0.71mg (4.74%), Vitamin B1: 0.07mg (4.35%), Vitamin B5: 0.39mg (3.93%), Calcium: 36.71mg (3.67%), Vitamin B3: 0.66mg (3.31%), Potassium: 114.64mg (3.28%), Vitamin B2: 0.04mg (2.32%)