



Rice 'n Peach Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



195 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup planters almonds toasted chopped
- 0.5 cup classic catalina dressing kraft
- 1.5 cups brown rice cooked
- 0.3 cup cilantro leaves fresh chopped
- 1 cup peas fresh frozen thawed
- 1 peaches peeled coarsely chopped
- 0.3 cup onion red chopped
- 11 oz kernel corn whole drained canned

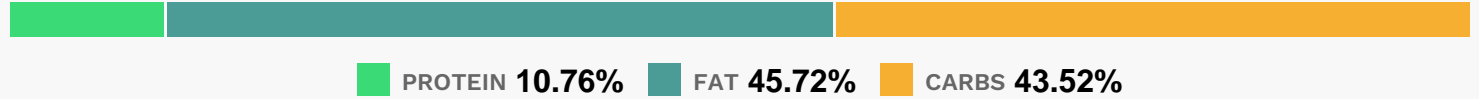
Equipment

bowl

Directions

Mix all ingredients in large bowl. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:20.58, Glycemic Load:4.61, Inflammation Score:-5, Nutrition Score:8.6208694810453%

Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 195.12kcal (9.76%), Fat: 10.13g (15.58%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 21.69g (7.23%), Net Carbohydrates: 18.25g (6.64%), Sugar: 6.19g (6.88%), Cholesterol: 0mg (0%), Sodium: 208.66mg (9.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.73%), Manganese: 0.74mg (37.03%), Vitamin E: 3.8mg (25.33%), Magnesium: 61.4mg (15.35%), Fiber: 3.44g (13.78%), Phosphorus: 124.4mg (12.44%), Vitamin B2: 0.2mg (11.57%), Copper: 0.22mg (11.02%), Vitamin C: 7.35mg (8.91%), Vitamin B3: 1.58mg (7.91%), Vitamin B1: 0.11mg (7.21%), Folate: 27.84µg (6.96%), Potassium: 225.7mg (6.45%), Zinc: 0.94mg (6.25%), Iron: 1.03mg (5.74%), Vitamin K: 5.3µg (5.05%), Vitamin B6: 0.1mg (4.84%), Calcium: 47.43mg (4.74%), Vitamin A: 187.04IU (3.74%), Vitamin B5: 0.23mg (2.27%), Selenium: 1.19µg (1.69%)