



Rice Salad Niçoise

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



417 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 ounces cherry tomatoes stemmed rinsed
- 2 tablespoons dijon mustard
- 0.3 cup chives fresh thinly sliced
- 1 clove garlic minced pressed peeled
- 12 ounces green beans rinsed
- 6 servings fresh-ground pepper
- 0.3 cup olive oil
- 0.3 cup parsley chopped

- 0.5 cup red wine vinegar
- 0.5 teaspoon salt
- 12 oz solid tuna in olive oil light with a fork drained canned
- 1.5 cups rice long-grain white (see notes)

Equipment

- bowl
- frying pan
- whisk
- baking pan

Directions

- In a 3- to 4-quart pan, combine rice, 1/2 teaspoon salt, and 3 cups water. Bring to a boil over high heat, then reduce heat, cover, and simmer until water is absorbed and rice is tender to bite, 20 minutes.
- Spread rice level in a large baking pan and let cool to room temperature, about 30 minutes.
- Meanwhile, in a large pan over high heat, bring about 2 quarts water to a boil. Snap ends off green beans and snap or cut beans in half.
- Add to boiling water and cook just until bright green and tender-crisp to bite, about 2 minutes.
- Drain, rinse well under cold running water, and drain again.
- In a small bowl, whisk vinegar, mustard, and garlic until smooth.
- Add oil and whisk until well blended and thick.
- Add salt and pepper to taste and 3 tablespoons each of the parsley and chives.
- Spoon rice into a large bowl (with sealable lid, if planning to transport).
- Pour dressing over rice and mix to coat. Gently stir in beans, tomatoes, and tuna.
- Sprinkle with remaining herbs.

Nutrition Facts



■ PROTEIN 19.68% ■ FAT 37.69% ■ CARBS 42.63%

Properties

Glycemic Index:46.36, Glycemic Load:23.48, Inflammation Score:-7, Nutrition Score:20.661304639733%

Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 417.37kcal (20.87%), Fat: 17.28g (26.59%), Saturated Fat: 2.52g (15.76%), Carbohydrates: 43.98g (14.66%), Net Carbohydrates: 41.08g (14.94%), Sugar: 3.44g (3.83%), Cholesterol: 17.58mg (5.86%), Sodium: 488.66mg (21.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.31g (40.62%), Vitamin K: 81.95µg (78.05%), Selenium: 43.48µg (62.11%), Vitamin B3: 8.17mg (40.83%), Manganese: 0.76mg (37.81%), Vitamin C: 24.41mg (29.59%), Phosphorus: 252.33mg (25.23%), Vitamin E: 3.67mg (24.49%), Vitamin B6: 0.46mg (22.94%), Vitamin B12: 1.25µg (20.79%), Vitamin A: 964.85IU (19.3%), Potassium: 522.78mg (14.94%), Magnesium: 55.57mg (13.89%), Copper: 0.27mg (13.61%), Iron: 2.15mg (11.92%), Fiber: 2.9g (11.62%), Folate: 38.55µg (9.64%), Vitamin B5: 0.91mg (9.14%), Vitamin B2: 0.15mg (8.66%), Vitamin B1: 0.12mg (8.2%), Zinc: 1.07mg (7.12%), Calcium: 53.35mg (5.33%)