



Rice Salad With Bacon And Peas

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



291 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 slices bacon crumbled cooked
- 0.5 cup olive oil vinaigrette reduced-calorie (such as Ken's Steak House)
- 10 ounce peas green frozen thawed
- 6.2 ounce fast cooking and rice mix long-grain wild (such as Uncle Ben's)

Equipment

- bowl

Directions

- Cook rice according to package directions, omitting salt and fat. Fluff with a fork; place rice in a large bowl, and let cool completely.
- Add peas, bacon, and vinaigrette; toss well. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:11.08, Glycemic Load:2.73, Inflammation Score:-7, Nutrition Score:15.506521530125%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 290.84kcal (14.54%), Fat: 7.5g (11.54%), Saturated Fat: 1.34g (8.39%), Carbohydrates: 46.45g (15.48%), Net Carbohydrates: 41.57g (15.12%), Sugar: 4.04g (4.49%), Cholesterol: 3.96mg (1.32%), Sodium: 75.25mg (3.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.63g (17.27%), Folate: 166.91µg (41.73%), Vitamin B1: 0.62mg (41.19%), Manganese: 0.72mg (36.21%), Vitamin C: 28.35mg (34.36%), Selenium: 19.65µg (28.07%), Vitamin B3: 4.98mg (24.9%), Iron: 3.88mg (21.55%), Vitamin K: 20.87µg (19.88%), Fiber: 4.87g (19.5%), Phosphorus: 143.91mg (14.39%), Vitamin A: 543.66IU (10.87%), Zinc: 1.63mg (10.86%), Copper: 0.21mg (10.34%), Vitamin B6: 0.19mg (9.74%), Magnesium: 30.78mg (7.7%), Vitamin B2: 0.12mg (6.77%), Vitamin E: 0.9mg (6.03%), Potassium: 204.81mg (5.85%), Vitamin B5: 0.31mg (3.08%), Calcium: 27.88mg (2.79%)