



Rice Salad with Ham and Tomatoes

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



10

CALORIES



260 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup lightly basil leaves fresh packed
- 0.7 cup capers drained
- 3 cups cherry tomatoes (1 in. or smaller)
- 2 quarts fat-skimmed chicken broth
- 2 cloves garlic
- 10 servings fresh-ground pepper
- 1 pound thin- ham cooked (see notes)
- 3 tablespoons olive oil extra-virgin

- 2 cups rice such as pearl medium-grain white
- 10 servings salt

Equipment

- bowl
- frying pan

Directions

- In a 5- to 6-quart pan over high heat, bring broth and rice to a boil. Reduce heat and simmer, stirring occasionally, until rice is just tender to bite, 13 to 15 minutes.
- Drain rice; reserve broth for other uses, or discard.
- Pour rice into a shallow 11- by 17-inch pan and spread level.
- Let cool, stirring occasionally, about 20 minutes.
- Meanwhile, stack ham slices and cut into strips 1/4 inch wide and 1 inch long. Rinse and drain tomatoes, basil, and capers.
- Cut tomatoes in half and basil leaves into slivers; peel and mince garlic.
- In a large bowl, mix ham, tomatoes, basil slivers, capers, garlic, and olive oil.
- Add cool rice, mix gently, and season to taste with salt and pepper.
- Garnish with basil sprigs.

Nutrition Facts

  
PROTEIN 20.22% **FAT 29.3%** **CARBS 50.48%**

Properties

Glycemic Index:19.32, Glycemic Load:17.89, Inflammation Score:-5, Nutrition Score:12.376521691032%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 15.33mg, Kaempferol: 15.33mg, Kaempferol: 15.33mg, Kaempferol: 15.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 20.45mg, Quercetin: 20.45mg, Quercetin: 20.45mg, Quercetin: 20.45mg

Nutrients (% of daily need)

Calories: 259.76kcal (12.99%), Fat: 8.39g (12.91%), Saturated Fat: 1.45g (9.09%), Carbohydrates: 32.54g (10.85%), Net Carbohydrates: 31.29g (11.38%), Sugar: 1.5g (1.67%), Cholesterol: 33.11mg (11.04%), Sodium: 1821.92mg (79.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.03g (26.06%), Manganese: 0.55mg (27.58%), Selenium: 19.19µg (27.42%), Vitamin C: 21.88mg (26.52%), Phosphorus: 211.92mg (21.19%), Vitamin B1: 0.3mg (19.99%), Vitamin B3: 3.6mg (18%), Vitamin B12: 1.02µg (16.97%), Vitamin K: 16.82µg (16.02%), Copper: 0.26mg (12.94%), Vitamin B6: 0.25mg (12.64%), Vitamin B2: 0.19mg (11.44%), Vitamin B5: 1.07mg (10.69%), Zinc: 1.58mg (10.54%), Potassium: 339.8mg (9.71%), Iron: 1.57mg (8.7%), Magnesium: 30.4mg (7.6%), Vitamin A: 361.88IU (7.24%), Vitamin E: 1.02mg (6.79%), Fiber: 1.24g (4.97%), Folate: 16.37µg (4.09%), Calcium: 36.17mg (3.62%)