



Rice Salad with Prosciutto and Artichokes

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



263 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups rice white cold cooked
- 2 teaspoons dijon mustard
- 3 tablespoons basil fresh chopped
- 3 tablespoons parsley fresh minced
- 4 green onions minced
- 3 tablespoons juice of lemon
- 12 ounce marinated artichoke hearts halved drained
- 2 tablespoons olive oil extra-virgin

- 0.3 cup parmesan cheese freshly grated
- 8 servings bell pepper to taste
- 3 ounces pancetta diced
- 2 tablespoons citrus champagne vinegar

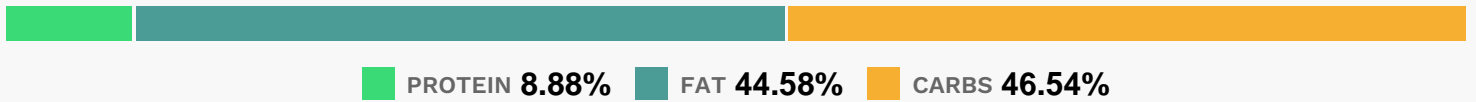
Equipment

- bowl
- whisk

Directions

- Whisk together vinegar, lemon juice, Dijon mustard, and olive oil in a small bowl until blended; set aside. In a large bowl, toss rice together with artichokes, prosciutto, parsley, basil, green onions, and Parmesan cheese.
- Pour in dressing and stir to mix. Season to taste with pepper.
- Serve either chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:38.38, Glycemic Load:24.96, Inflammation Score:-9, Nutrition Score:15.982173919678%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 262.62kcal (13.13%), Fat: 12.95g (19.92%), Saturated Fat: 2.92g (18.25%), Carbohydrates: 30.42g (10.14%), Net Carbohydrates: 27.4g (9.96%), Sugar: 3.91g (4.34%), Cholesterol: 9.74mg (3.25%), Sodium: 306.43mg (13.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.61%), Vitamin C: 109.75mg (133.03%), Vitamin A:

3015.77IU (60.32%), Vitamin K: 45.96µg (43.77%), Manganese: 0.49mg (24.42%), Vitamin B6: 0.33mg (16.53%), Selenium: 9.7µg (13.86%), Vitamin E: 1.84mg (12.25%), Fiber: 3.02g (12.08%), Folate: 44.67µg (11.17%), Phosphorus: 94.07mg (9.41%), Vitamin B3: 1.55mg (7.73%), Potassium: 247.89mg (7.08%), Vitamin B5: 0.64mg (6.37%), Vitamin B1: 0.09mg (6.32%), Iron: 1.11mg (6.16%), Magnesium: 24.31mg (6.08%), Vitamin B2: 0.1mg (5.97%), Zinc: 0.89mg (5.94%), Calcium: 58.88mg (5.89%), Copper: 0.09mg (4.26%), Vitamin B12: 0.1µg (1.59%)