



## Rice Salad with Smoked Salmon and Cucumber

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



436 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1.5 cups arborio
- 1 tablespoon cooking oil
- 2 cucumbers peeled
- 1 tablespoon bottled horseradish drained
- 1 lemon zest grated
- 3 tablespoons rice-wine vinegar
- 0.5 pound thin- salmon smoked

- 0.8 teaspoon salt
- 4 scallions white minced
- 1.5 teaspoons asian sesame oil
- 2 tablespoons sesame seed
- 2 teaspoons sugar

## Equipment

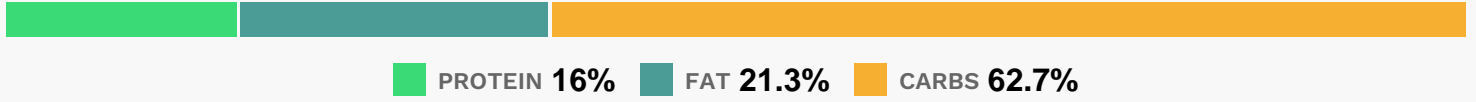
- bowl
- frying pan
- pot
- sieve
- spatula
- peeler

## Directions

- Bring a medium pot of salted water to a boil. Stir in the rice and cook until tender, 10 to 12 minutes.
- Drain the rice well and transfer it to a large glass or stainless-steel bowl.
- Add 1/4 teaspoon of the salt, the sugar, vinegar, and lemon zest and fold in with a rubber spatula. Set aside to cool.
- Meanwhile, using a vegetable peeler, shave lengthwise slices from the cucumbers; discard the seeds.
- Put the cucumber slices in a strainer set over a medium bowl and toss them with the remaining 1/2 teaspoon salt. Set aside for at least 10 minutes.
- In a small frying pan, toast the sesame seeds over moderate heat, stirring frequently, until light brown, 2 to 3 minutes.
- Remove the seeds from the pan.
- Add the cooking oil, horseradish, sesame oil, and half the smoked salmon to the cooled rice and fold gently to combine. Divide the rice mixture among four plates or put it on a large platter. Top with the remaining smoked salmon. Squeeze the cucumber slices to remove any excess liquid and then put them on the salads.

- Sprinkle with the toasted sesame seeds and the scallions.
- Wine Recommendation: Chenin blancs from Washington State or Oregon are usually off dry. Their touch of sweetness helps to offset the horseradish's bite, their high acidity contrasts with the oiliness of the salmon, and their full body gives them the weight to stand up to its strong flavor.

## Nutrition Facts



### Properties

Glycemic Index:79.77, Glycemic Load:49.13, Inflammation Score:-8, Nutrition Score:24.492173713187%

### Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

### Nutrients (% of daily need)

Calories: 436.16kcal (21.81%), Fat: 10.13g (15.58%), Saturated Fat: 1.41g (8.8%), Carbohydrates: 67.08g (22.36%), Net Carbohydrates: 62.87g (22.86%), Sugar: 4.72g (5.25%), Cholesterol: 13.04mg (4.35%), Sodium: 902.76mg (39.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.12g (34.24%), Vitamin D: 9.7µg (64.64%), Folate: 209.28µg (52.32%), Manganese: 1.03mg (51.35%), Selenium: 31.48µg (44.97%), Vitamin K: 38.44µg (36.61%), Vitamin B1: 0.52mg (34.85%), Vitamin B12: 1.85µg (30.81%), Vitamin B3: 6.08mg (30.4%), Copper: 0.57mg (28.62%), Iron: 4.78mg (26.56%), Phosphorus: 227.16mg (22.72%), Vitamin B6: 0.41mg (20.33%), Vitamin B5: 1.84mg (18.38%), Fiber: 4.22g (16.87%), Magnesium: 63.26mg (15.82%), Potassium: 424.06mg (12.12%), Vitamin C: 9.92mg (12.03%), Zinc: 1.65mg (11%), Vitamin E: 1.52mg (10.16%), Vitamin B2: 0.15mg (8.98%), Calcium: 82.25mg (8.22%), Vitamin A: 278.15IU (5.56%)