

Saffron Rice Salad

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

40 min.

SERVINGS

servings

6

CALORIES

calories

460 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 spears asparagus cut into 1/2-inch pieces
- ☐ 1 bell pepper diced red fire roasted
- ☐ 1 bell pepper diced yellow fire roasted
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 0.8 cup salt cured olives pitted chopped
- ☐ 3 tablespoons olive oil plus more for dressing
- ☐ 6 servings olive oil extra-virgin for drizzling

- ☐ 1 onion spanish finely chopped
- ☐ 1 large pinch saffron threads
- ☐ 6 servings salt and pepper freshly ground
- ☐ 2 tablespoons aged sherry vinegar
- ☐ 4 cups water
- ☐ 2 cups rice long grain white

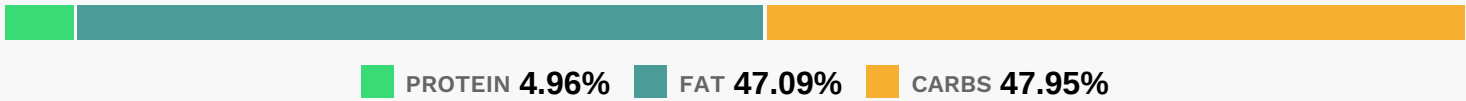
Equipment

- ☐ bowl
- ☐ pot
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat oil in medium pot on grates of grill or side burners.
- ☐ Add onions and garlic and cook until soft.
- ☐ Add the rice and stir to coat the grains of rice with the oil.
- ☐ Place the water in a small pot and bring to a boil.
- ☐ Add the saffron to the onion mixture and let boil 1 minute.
- ☐ Add the boiling water to the rice, stir, add salt and pepper and bring to a boil. Reduce the heat to medium-low, cover the pot and let cook 12 to 14 minutes or until the rice is just cooked.
- ☐ Let the rice sit, covered for 5 minutes then fluff with fork.
- ☐ Transfer the rice to a large bowl and add the asparagus, peppers, olives and herbs.
- ☐ Drizzle with extra-virgin olive oil and a few tablespoons of aged sherry vinegar.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:47.36, Glycemic Load:30.52, Inflammation Score:-7, Nutrition Score:13.968260848004%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg, Isorhamnetin: 2.13mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.33mg, Quercetin: 7.33mg, Quercetin: 7.33mg, Quercetin: 7.33mg

Nutrients (% of daily need)

Calories: 459.92kcal (23%), Fat: 24.14g (37.14%), Saturated Fat: 3.39g (21.17%), Carbohydrates: 55.31g (18.44%), Net Carbohydrates: 52.56g (19.11%), Sugar: 2.19g (2.44%), Cholesterol: 0mg (0%), Sodium: 471.67mg (20.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.43%), Vitamin C: 64.86mg (78.61%), Manganese: 0.8mg (39.92%), Vitamin E: 4.31mg (28.74%), Vitamin K: 24.94µg (23.76%), Vitamin A: 933.73IU (18.67%), Selenium: 10.27µg (14.68%), Copper: 0.26mg (12.92%), Vitamin B6: 0.25mg (12.61%), Fiber: 2.75g (11.01%), Phosphorus: 100.19mg (10.02%), Folate: 34.75µg (8.69%), Vitamin B3: 1.64mg (8.21%), Vitamin B5: 0.82mg (8.16%), Iron: 1.42mg (7.88%), Magnesium: 29.08mg (7.27%), Vitamin B1: 0.1mg (6.96%), Potassium: 241.59mg (6.9%), Zinc: 0.94mg (6.28%), Vitamin B2: 0.09mg (5.32%), Calcium: 46.58mg (4.66%)