



Sesame Brown Rice Salad with Shredded Chicken and Peanuts

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



399 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup brown rice long-grain
- 4 teaspoons canola oil
- 0.5 cup carrots shredded
- 2 cups chicken shredded cooked
- 1 teaspoon sesame oil dark
- 0.3 cup roasted peanuts divided
- 1 tablespoon cilantro leaves fresh divided chopped

- 2 garlic clove minced
- 0.3 cup spring onion sliced
- 2 tablespoons juice of lime fresh
- 0.5 teaspoon salt

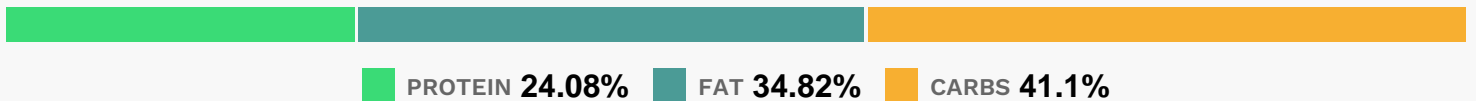
Equipment

- bowl

Directions

- Cook rice according to package directions, omitting salt and fat.
- Transfer rice to a large bowl; fluff with a fork. Cool.
- Add chicken, carrot, onions, 2 tablespoons peanuts, 2 teaspoons cilantro, and salt to rice; toss to combine.
- Combine juice and remaining ingredients in a small bowl.
- Drizzle oil mixture over rice mixture; toss to combine.
- Place 1 1/2 cups salad on each of 4 plates.
- Sprinkle each serving with 1 1/2 teaspoons remaining peanuts and 1/4 teaspoon remaining cilantro.

Nutrition Facts



Properties

Glycemic Index:49.9, Glycemic Load:21.08, Inflammation Score:-9, Nutrition Score:20.595652248548%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 399.24kcal (19.96%), Fat: 15.46g (23.78%), Saturated Fat: 2.66g (16.61%), Carbohydrates: 41.05g (13.68%), Net Carbohydrates: 37.89g (13.78%), Sugar: 1.1g (1.22%), Cholesterol: 52.5mg (17.5%), Sodium: 397.42mg (17.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.06g (48.11%), Manganese: 2.07mg (103.43%), Vitamin A: 2795.38IU (55.91%), Vitamin B3: 9.15mg (45.74%), Phosphorus: 307.19mg (30.72%), Vitamin B6: 0.6mg (30.04%), Selenium: 18.19µg (25.99%), Magnesium: 102.55mg (25.64%), Vitamin K: 22.73µg (21.65%), Vitamin B1: 0.29mg (19.24%), Vitamin B5: 1.59mg (15.85%), Zinc: 2.3mg (15.34%), Potassium: 447.98mg (12.8%), Copper: 0.25mg (12.64%), Fiber: 3.16g (12.62%), Iron: 2.12mg (11.77%), Vitamin B2: 0.15mg (8.82%), Folate: 33.73µg (8.43%), Vitamin C: 5.26mg (6.37%), Vitamin E: 0.89mg (5.9%), Calcium: 48.49mg (4.85%), Vitamin B12: 0.2µg (3.38%)