



Shrimp-and-Brown Rice Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



350 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup julienne-cut bell pepper green
- ☐ 1 cup brown rice uncooked
- ☐ 1 teaspoon dillweed dried
- ☐ 1 teaspoon garlic powder
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup olives pitted ripe halved
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt

- ☐ 1 pound shrimp cooked peeled
- ☐ 2 cups julienne-cut tomato seeded
- ☐ 3 cups water
- ☐ 3 tablespoons citrus champagne vinegar

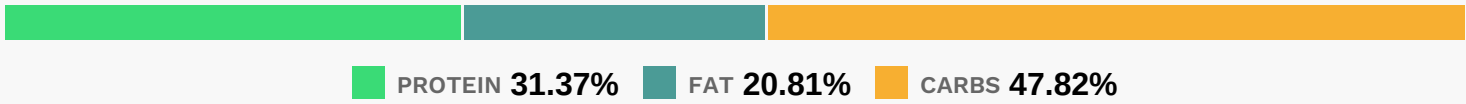
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ colander

Directions

- ☐ Bring water to a boil in a medium saucepan; add rice, and return to a boil. Reduce heat to medium, and cook, uncovered, 30 minutes or until water is absorbed, stirring occasionally. Spoon the rice into a colander, and rinse under cold running water; drain well, and set the rice aside.
- ☐ Combine vinegar and next 5 ingredients in a large bowl, and stir with a wire whisk.
- ☐ Add rice, tomato, and remaining ingredients; toss well to coat. Cover and chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:35.94, Glycemic Load:21.21, Inflammation Score:-7, Nutrition Score:19.05347852992%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 350.02kcal (17.5%), Fat: 8.16g (12.56%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 42.21g (14.07%), Net Carbohydrates: 38.39g (13.96%), Sugar: 2.96g (3.29%), Cholesterol: 182.57mg (60.86%), Sodium: 561.1mg (24.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.69g (55.38%), Manganese: 1.98mg (98.82%), Vitamin C: 40.35mg (48.9%), Phosphorus: 399.54mg (39.95%), Copper: 0.7mg (34.97%), Magnesium: 125.43mg (31.36%), Vitamin B6: 0.41mg (20.35%), Potassium: 698.01mg (19.94%), Zinc: 2.71mg (18.09%), Vitamin B1: 0.25mg (16.86%), Vitamin A: 839.7IU (16.79%), Fiber: 3.82g (15.27%), Vitamin B3: 2.72mg (13.61%), Calcium: 119.65mg (11.97%), Iron: 2.1mg (11.65%), Vitamin E: 1.69mg (11.28%), Vitamin K: 11.09µg (10.56%), Vitamin B5: 0.82mg (8.23%), Folate: 25.27µg (6.32%), Vitamin B2: 0.05mg (2.83%)