



## Sicilian" Rice Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



532 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 ounces anchovy fillets minced drained canned tinned
- 6 ounces tuna drained canned
- 2 tablespoons capers drained
- 0.5 teaspoon fresh-ground pepper black
- 1 tablespoon juice of lemon
- 0.3 cup mint leaves
- 0.3 cup oil-packed sun-dried tomatoes drained chopped
- 0.3 cup olive oil

- 0.3 cup pinenuts
- 0.3 cup onion red chopped ()
- 1.5 cups rice
- 0.8 teaspoon salt
- 2 tablespoons white-wine vinegar

## Equipment

- bowl
- frying pan
- oven
- pot

## Directions

- Bring a medium pot of salted water to a boil. Stir in the rice and boil until just done, 10 to 12 minutes.
- Drain. Rinse with cold water and drain thoroughly.
- Put the rice in a large glass or stainless-steel bowl.
- Meanwhile, in a small frying pan, toast the pine nuts over moderately low heat, stirring frequently, until golden brown, about 5 minutes. Or toast the pine nuts in a 350 oven for 5 to 10 minutes.
- Stir the toasted pine nuts, the sun-dried tomatoes, capers, onion, tuna, and anchovies into the rice. Toss the rice salad with the oil, lemon juice, vinegar, salt, pepper, and basil.
- Add a handful of chopped pitted green or black olives.
- Wine Recommendation: The wine scene on the sun-baked island of Sicily is dominated by a few large players, one of which is the firm of Regaleali. Their inexpensive ros is a delight and an appropriate choice for this salad.

## Nutrition Facts



PROTEIN 14.99%  FAT 36.95%  CARBS 48.06%

## Properties

Glycemic Index:37.55, Glycemic Load:34.89, Inflammation Score:-6, Nutrition Score:21.32913058737%

## Flavonoids

Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 5.34mg, Kaempferol: 5.34mg, Kaempferol: 5.34mg, Kaempferol: 5.34mg Quercetin: 9.62mg, Quercetin: 9.62mg, Quercetin: 9.62mg, Quercetin: 9.62mg

## Nutrients (% of daily need)

Calories: 532.13kcal (26.61%), Fat: 21.87g (33.64%), Saturated Fat: 2.87g (17.96%), Carbohydrates: 64.02g (21.34%), Net Carbohydrates: 61.02g (22.19%), Sugar: 4.51g (5.01%), Cholesterol: 27.36mg (9.12%), Sodium: 1175.94mg (51.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.96g (39.92%), Manganese: 1.78mg (88.96%), Selenium: 49.66µg (70.94%), Vitamin B3: 9.44mg (47.22%), Phosphorus: 262.52mg (26.25%), Copper: 0.5mg (24.85%), Vitamin E: 3.47mg (23.11%), Magnesium: 81.73mg (20.43%), Vitamin B12: 1.22µg (20.29%), Iron: 3.6mg (20%), Vitamin K: 19.93µg (18.98%), Potassium: 643.93mg (18.4%), Vitamin B6: 0.34mg (17%), Zinc: 2.18mg (14.56%), Fiber: 3g (11.98%), Vitamin B2: 0.2mg (11.88%), Vitamin B5: 1.15mg (11.48%), Vitamin B1: 0.16mg (10.79%), Vitamin C: 7.2mg (8.73%), Calcium: 85.09mg (8.51%), Folate: 25.65µg (6.41%), Vitamin D: 0.75µg (5.01%), Vitamin A: 239.33IU (4.79%)