



 **17%**  
HEALTH SCORE

## Spanish Rice Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



52 min.

SERVINGS



8

CALORIES



114 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 large artichokes
- 0.1 teaspoon pepper black
- 0.8 cup garbanzo beans canned rinsed drained (garbanzo beans)
- 1.5 tablespoons parsley fresh chopped
- 1 small garlic clove minced
- 1 tablespoon juice of lemon fresh
- 1.5 tablespoons olive oil extra virgin extra-virgin
- 1 teaspoon oregano fresh chopped

- 0.3 cup onion red finely chopped
- 1 tablespoon red wine vinegar
- 0.5 cup rice medium-grain uncooked
- 0.3 cup roasted peppers diced red
- 0.5 teaspoon salt

## Equipment

- bowl
- sauce pan
- whisk

## Directions

- Combine first 5 ingredients in a small bowl, stirring well with a whisk. Set aside.
- Cook rice according to package directions, omitting salt and fat.
- Fill a medium bowl with cold water; stir in 1 tablespoon juice. Work with one artichoke at a time; cut off stem to within 1 inch of base. Peel stem.
- Remove bottom leaves and tough outer leaves, leaving tender heart and bottom.
- Cut artichoke in half lengthwise.
- Remove fuzzy thistle with a spoon. Slice artichoke heart into eighths; place in lemon water. Repeat with remaining artichoke.
- Drain.
- Place artichokes in a saucepan; add water to cover by 1 inch. Bring to a boil over medium-high heat; cook 10 minutes or until tender.
- Drain well.
- Transfer rice to a large bowl; stir in salt and black pepper.
- Add dressing, artichokes, chickpeas, and remaining ingredients to rice mixture; stir well.
- Serve warm or at room temperature.

## Nutrition Facts



■ PROTEIN 10.93% ■ FAT 23.79% ■ CARBS 65.28%

## Properties

Glycemic Index:35.04, Glycemic Load:10.64, Inflammation Score:-6, Nutrition Score:7.2334782608696%

## Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 5.09mg, Naringenin: 5.09mg, Naringenin: 5.09mg, Naringenin: 5.09mg Apigenin: 4.65mg, Apigenin: 4.65mg, Apigenin: 4.65mg, Apigenin: 4.65mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

## Nutrients (% of daily need)

Calories: 113.83kcal (5.69%), Fat: 3.1g (4.78%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 19.17g (6.39%), Net Carbohydrates: 15.6g (5.67%), Sugar: 0.68g (0.76%), Cholesterol: 0mg (0%), Sodium: 287.17mg (12.49%), Protein: 3.21g (6.42%), Manganese: 0.42mg (21.08%), Vitamin K: 21.51µg (20.48%), Folate: 69.32µg (17.33%), Fiber: 3.57g (14.27%), Vitamin C: 9.01mg (10.93%), Iron: 1.55mg (8.62%), Magnesium: 34.22mg (8.56%), Vitamin B6: 0.17mg (8.38%), Vitamin B1: 0.12mg (8.22%), Copper: 0.16mg (8.03%), Phosphorus: 66.85mg (6.69%), Potassium: 208.86mg (5.97%), Vitamin B3: 1.11mg (5.54%), Vitamin B5: 0.39mg (3.91%), Selenium: 2.73µg (3.9%), Vitamin E: 0.51mg (3.4%), Zinc: 0.5mg (3.37%), Calcium: 32.77mg (3.28%), Vitamin B2: 0.04mg (2.45%), Vitamin A: 98.17IU (1.96%)