



WHATSheATE



Spring Rice Salad With Lemon-dill Dressing



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



262 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 lb asparagus trimmed cut into 1 inch pieces
- ☐ 1 cup rice long grain
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 3 tablespoons optional: dill fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 lb green beans trimmed cut into 1 inch pieces
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 4 servings salt and pepper to taste

- ☐ 0.5 lb sugar snap pea trimmed
- ☐ 2 cups vegetable stock

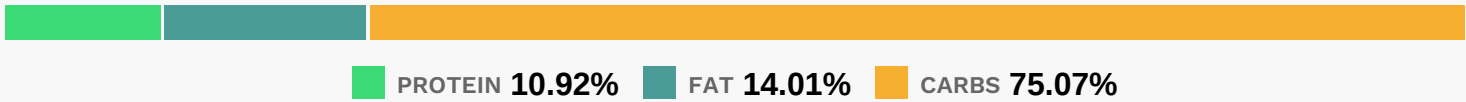
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Prepare rice according to package directions using stock instead of water and omitting salt and butter. Set aside when done.2 Meanwhile, chop vegetables and bring saucepan 3/4 full of water to boil.
- ☐ Add green beans and snow peas and blanch for about 4–5 minutes or until desired tenderness.
- ☐ Remove with slotted spoon and let cool.3
- ☐ Add asparagus to reserved water in saucepan and simmer until tender, about 10 minutes or until desired tenderness.
- ☐ Drain and let cool with other vegetables.4 In large bowl whisk together lemon juice, olive oil, dill, garlic, salt and pepper.5
- ☐ Add rice and vegetables and toss.6
- ☐ Garnish with dill sprigs and lemon wedges if desired.

Nutrition Facts



Properties

Glycemic Index:57.3, Glycemic Load:24.44, Inflammation Score:-9, Nutrition Score:18.041739111361%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 3.36mg,

Isorhamnetin: 3.36mg, Isorhamnetin: 3.36mg, Isorhamnetin: 3.36mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 9.69mg, Quercetin: 9.69mg, Quercetin: 9.69mg, Quercetin: 9.69mg

Nutrients (% of daily need)

Calories: 262.08kcal (13.1%), Fat: 4.15g (6.38%), Saturated Fat: 0.64g (4.03%), Carbohydrates: 49.96g (16.65%), Net Carbohydrates: 45.11g (16.4%), Sugar: 6.53g (7.25%), Cholesterol: 0mg (0%), Sodium: 673.4mg (29.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.27g (14.54%), Vitamin K: 64.31µg (61.25%), Vitamin C: 48.95mg (59.34%), Manganese: 0.87mg (43.59%), Vitamin A: 1710.36IU (34.21%), Folate: 78.43µg (19.61%), Fiber: 4.85g (19.41%), Iron: 3.41mg (18.94%), Vitamin B1: 0.25mg (16.62%), Vitamin B6: 0.31mg (15.66%), Copper: 0.3mg (14.87%), Phosphorus: 136.51mg (13.65%), Selenium: 9.14µg (13.06%), Vitamin B2: 0.21mg (12.37%), Magnesium: 48.32mg (12.08%), Vitamin B5: 1.2mg (11.98%), Potassium: 417.64mg (11.93%), Vitamin E: 1.67mg (11.11%), Vitamin B3: 2.07mg (10.36%), Calcium: 74.73mg (7.47%), Zinc: 1.12mg (7.45%)