



Spring Vegetable-Rice Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



68 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup cut-up asparagus spears fresh (1 inch)
- 1 cup cherry tomatoes halved
- 1 Tbsp grey poupon savory honey mustard and parsley fresh chopped
- 4 cups rice white instant cooked
- 1 lemon zest
- 0.8 cup miracle whip dressing light

Equipment

- bowl

Directions

- Combine rice, tomatoes and asparagus in medium bowl.
- Mix remaining ingredients until well blended.
- Add to rice mixture; toss to coat.

Nutrition Facts



PROTEIN 7.61% **FAT 7.85%** **CARBS 84.54%**

Properties

Glycemic Index:2.13, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:2.7395652403002%

Flavonoids

Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 67.95kcal (3.4%), Fat: 0.59g (0.9%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 14.23g (4.74%), Net Carbohydrates: 13.42g (4.88%), Sugar: 1.95g (2.16%), Cholesterol: 1.15mg (0.38%), Sodium: 108.53mg (4.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Folate: 36.79µg (9.2%), Manganese: 0.18mg (8.77%), Iron: 1.06mg (5.87%), Vitamin B3: 0.91mg (4.53%), Vitamin C: 3.28mg (3.98%), Vitamin K: 3.99µg (3.8%), Selenium: 2.37µg (3.39%), Vitamin B1: 0.05mg (3.31%), Fiber: 0.81g (3.22%), Vitamin A: 125.11IU (2.5%), Phosphorus: 24.39mg (2.44%), Copper: 0.04mg (2.05%), Vitamin B6: 0.04mg (1.93%), Zinc: 0.28mg (1.86%), Potassium: 50.55mg (1.44%), Magnesium: 4.4mg (1.1%), Vitamin B2: 0.02mg (1.1%), Vitamin E: 0.16mg (1.08%)