



Sweet Tea Rice Tabbouleh



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 green onions thinly sliced
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 teaspoons lemon zest
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 2 plum tomatoes diced seeded

- ☐ 1 cup rice long-grain uncooked
- ☐ 0.5 teaspoon salt
- ☐ 2 cups freshly tea sweetened

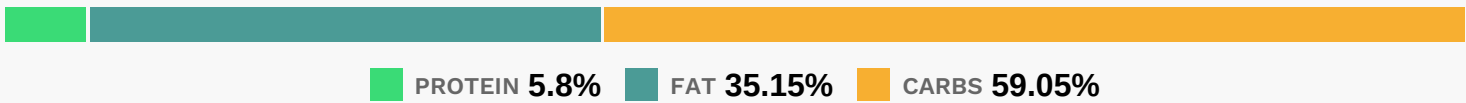
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring tea to a boil in a 3-qt. saucepan over medium-high heat; stir in rice and 1/2 tsp. salt. Cover, reduce heat to low, and simmer 20 minutes or until tea is absorbed and rice is tender.
- ☐ Transfer rice to a large bowl, and let cool completely (about 30 minutes). Stir in tomatoes, green onions, parsley, mint, olive oil, lemon zest, lemon juice, 1/2 tsp. salt, and pepper. Cover and chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:32.53, Glycemic Load:15.19, Inflammation Score:-7, Nutrition Score:8.7639129991117%

Flavonoids

Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 6.33mg, Epigallocatechin: 6.33mg, Epigallocatechin: 6.33mg, Epigallocatechin: 6.33mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epicatechin 3-gallate: 4.61mg, Epicatechin 3-gallate: 4.61mg, Epicatechin 3-gallate: 4.61mg, Epicatechin 3-gallate: 4.61mg Epigallocatechin 3-gallate: 7.36mg, Epigallocatechin 3-gallate: 7.36mg, Epigallocatechin 3-gallate: 7.36mg, Epigallocatechin 3-gallate: 7.36mg Theaflavin: 1.24mg, Theaflavin: 1.24mg, Theaflavin: 1.24mg Thearubigins: 63.96mg, Thearubigins: 63.96mg, Thearubigins: 63.96mg, Thearubigins: 63.96mg Eriodictyol: 1.18mg, Eriodictyol: 1.18mg, Eriodictyol: 1.18mg, Eriodictyol: 1.18mg Hesperetin: 2.13mg, Hesperetin: 2.13mg, Hesperetin: 2.13mg, Hesperetin: 2.13mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 7.28mg, Apigenin: 7.28mg, Apigenin: 7.28mg, Apigenin: 7.28mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg Theaflavin-3,3'-digallate: 1.38mg, Theaflavin-3,3'-digallate: 1.38mg, Theaflavin-3,3'-digallate: 1.38mg, Theaflavin-3,3'-digallate: 1.38mg

1.38mg, Theaflavin-3,3'-digallate: 1.38mg Theaflavin-3'-gallate: 1.19mg, Theaflavin-3'-gallate: 1.19mg, Theaflavin-3'-gallate: 1.19mg, Theaflavin-3'-gallate: 1.19mg Gallocatechin: 0.98mg, Gallocatechin: 0.98mg, Gallocatechin: 0.98mg, Gallocatechin: 0.98mg

Nutrients (% of daily need)

Calories: 186.93kcal (9.35%), Fat: 7.34g (11.29%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 27.74g (9.25%), Net Carbohydrates: 26.54g (9.65%), Sugar: 1.12g (1.24%), Cholesterol: 0mg (0%), Sodium: 202.42mg (8.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.73mg (5.24%), Protein: 2.73g (5.45%), Vitamin K: 73.24µg (69.75%), Manganese: 0.59mg (29.46%), Vitamin C: 15.03mg (18.22%), Vitamin A: 585.63IU (11.71%), Vitamin E: 1.24mg (8.23%), Selenium: 4.72µg (6.75%), Folate: 23.13µg (5.78%), Copper: 0.11mg (5.42%), Potassium: 175.41mg (5.01%), Fiber: 1.2g (4.81%), Phosphorus: 48mg (4.8%), Magnesium: 17.75mg (4.44%), Iron: 0.77mg (4.29%), Vitamin B6: 0.08mg (4.19%), Vitamin B5: 0.39mg (3.85%), Vitamin B3: 0.74mg (3.68%), Zinc: 0.48mg (3.17%), Vitamin B1: 0.04mg (2.71%), Vitamin B2: 0.05mg (2.67%), Calcium: 26.31mg (2.63%)