



Tarragon Rice Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



261 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 eggs
- 1 tablespoon chives fresh chopped
- 1 tablespoon tarragon fresh chopped
- 3 spring onion with tops, thinly sliced
- 0.8 cup rice instant uncooked
- 3 tablespoons olive oil
- 4 servings salt and pepper to taste
- 3 tablespoons vinegar white

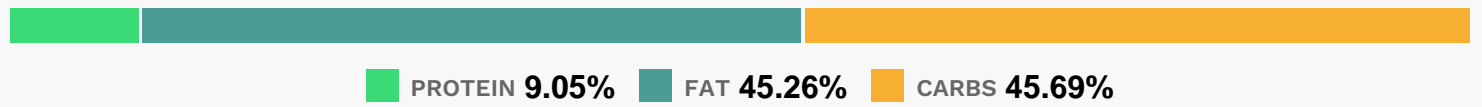
Equipment

- bowl
- sauce pan

Directions

- Prepare the instant rice according to package directions.
- Place the eggs in a saucepan with enough cold water to cover. Bring water to a boil and immediately remove from heat. Cover, and let eggs stand in hot water for 10 to 12 minutes.
- Remove from water, cool, peel and chop.
- In a bowl, mix the cooked rice, tarragon, green onions, chives, olive oil, and vinegar. Season with salt and pepper. Cover, and chill at least 1 hour in the refrigerator. Toss with the chopped eggs to serve.

Nutrition Facts



Properties

Glycemic Index:64.55, Glycemic Load:17.36, Inflammation Score:-3, Nutrition Score:7.8230434811634%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 261.32kcal (13.07%), Fat: 12.97g (19.95%), Saturated Fat: 2.24g (13.98%), Carbohydrates: 29.47g (9.82%), Net Carbohydrates: 28.63g (10.41%), Sugar: 0.35g (0.39%), Cholesterol: 81.84mg (27.28%), Sodium: 229.76mg (9.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.67%), Manganese: 0.55mg (27.36%), Vitamin K: 26.65µg (25.38%), Selenium: 12.19µg (17.41%), Vitamin E: 1.83mg (12.21%), Phosphorus: 93.17mg (9.32%), Vitamin B2: 0.15mg (8.77%), Iron: 1.44mg (7.98%), Vitamin B6: 0.14mg (7.15%), Vitamin B5: 0.7mg (6.98%), Vitamin A: 314.68IU (6.29%), Folate: 24.46µg (6.11%), Copper: 0.11mg (5.68%), Zinc: 0.77mg (5.14%), Calcium: 50.08mg (5.01%), Magnesium: 19.62mg (4.91%), Potassium: 150.55mg (4.3%), Vitamin B3: 0.78mg (3.9%), Vitamin C: 3mg (3.64%), Fiber: 0.83g (3.33%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%), Vitamin B1: 0.04mg (2.87%)