



Thai Black Rice Salad



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



313 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 birds eye chili chopped ()
- ☐ 0.5 cup cashew pieces
- ☐ 0.3 cup cilantro leaves chopped ()
- ☐ 2 tablespoons fish sauce (or soy sauce)
- ☐ 3 green onions sliced ()
- ☐ 1 juice of lime (juice and zest)
- ☐ 1 mangos diced peeled (stoned, and)
- ☐ 0.3 cup mint leaves chopped ()

- ☐ 1 teaspoon coconut sugar grated (or sugar)
- ☐ 1 bell pepper diced red ()
- ☐ 1 cup thai rice black

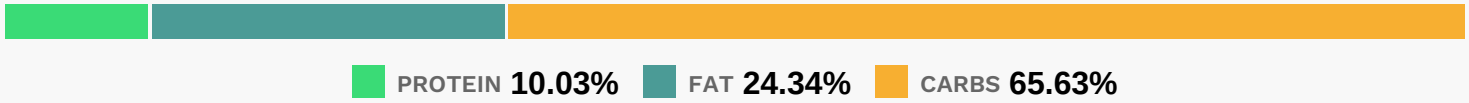
Equipment

- ☐ bowl

Directions

- ☐ Cook the rice as directed on the package.
- ☐ Mix the black rice, red pepper, yellow mango, green onions, cilantro, mint and cashews in a large bowl.
- ☐ Mix the fish sauce, lime juice and zest, palm sugar and birds eye chili in a small bowl.
- ☐ Toss the salad in the dressing and enjoy.

Nutrition Facts



Properties

Glycemic Index:56.74, Glycemic Load:5.66, Inflammation Score:-9, Nutrition Score:22.858695724736%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 312.74kcal (15.64%), Fat: 8.76g (13.48%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 53.16g (17.72%), Net Carbohydrates: 49.03g (17.83%), Sugar: 11.05g (12.28%), Cholesterol: 0mg (0%), Sodium: 718.31mg (31.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.12g (16.24%), Manganese: 2.14mg (106.99%), Vitamin C:

63.97mg (77.54%), Magnesium: 142.82mg (35.7%), Vitamin A: 1781.76IU (35.64%), Vitamin K: 31.89µg (30.37%), Copper: 0.57mg (28.57%), Phosphorus: 272.5mg (27.25%), Vitamin B6: 0.5mg (25.1%), Selenium: 15.26µg (21.81%), Vitamin B1: 0.3mg (19.72%), Vitamin B3: 3.5mg (17.48%), Fiber: 4.13g (16.53%), Folate: 64.32µg (16.08%), Zinc: 2.08mg (13.9%), Iron: 2.35mg (13.04%), Potassium: 442.57mg (12.64%), Vitamin E: 1.73mg (11.55%), Vitamin B5: 1.07mg (10.68%), Vitamin B2: 0.12mg (7.09%), Calcium: 43.42mg (4.34%)