



## Tropical Fruit, Rice and Tuna Salad

 Gluten Free

READY IN



220 min.

SERVINGS



4

CALORIES



206 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 cup water
- ☐ 0.8 cup quick-cooking brown rice instant uncooked
- ☐ 0.7 cup yogurt plain fat free 99% yoplait® (from 2-lb container)
- ☐ 8 oz dole pineapple tidbits drained canned
- ☐ 2 kiwi fruit peeled sliced
- ☐ 1 cup mangos peeled seeded chopped
- ☐ 5 oz water-packed tuna white flaked drained canned
- ☐ 1 tablespoon coconut or toasted

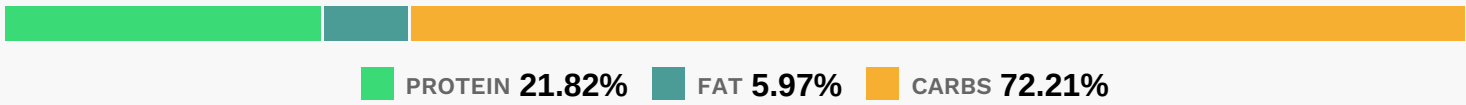
# Equipment

- ☐ bowl
- ☐ sauce pan

# Directions

- ☐ In 1-quart saucepan, heat water to boiling. Stir in rice. Reduce heat to low; cover and simmer 10 minutes. Uncover; cool 15 minutes. Refrigerate at least 1 hour or until cold.
- ☐ In medium bowl, mix rice, yogurt and reserved pineapple juice. Cover; refrigerate 1 to 2 hours to blend flavors.
- ☐ Cut kiwifruit slices into fourths. Gently stir kiwifruit, pineapple, mango and tuna into rice mixture.
- ☐ Sprinkle with coconut. Store covered in refrigerator.

# Nutrition Facts



# Properties

Glycemic Index:28.6, Glycemic Load:5.5, Inflammation Score:-7, Nutrition Score:16.132173849189%

# Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg 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: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

# Nutrients (% of daily need)

Calories: 205.62kcal (10.28%), Fat: 1.4g (2.15%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 38.01g (12.67%), Net Carbohydrates: 34.83g (12.66%), Sugar: 21.05g (23.39%), Cholesterol: 13.57mg (4.52%), Sodium: 117.12mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.49g (22.97%), Vitamin C: 54.74mg (66.35%), Selenium: 32.19µg (45.98%), Vitamin B3: 5.31mg (26.54%), Folate: 83.39µg (20.85%), Vitamin K: 20.64µg (19.65%), Vitamin

B12: 1.16µg (19.33%), Vitamin B1: 0.26mg (17.47%), Phosphorus: 158.31mg (15.83%), Vitamin B6: 0.27mg (13.74%), Manganese: 0.26mg (12.85%), Fiber: 3.18g (12.72%), Calcium: 122.67mg (12.27%), Copper: 0.23mg (11.7%), Potassium: 404.99mg (11.57%), Iron: 2.01mg (11.16%), Vitamin A: 537.32IU (10.75%), Vitamin B2: 0.17mg (9.9%), Magnesium: 39.07mg (9.77%), Vitamin E: 1.1mg (7.34%), Zinc: 1.04mg (6.92%), Vitamin B5: 0.55mg (5.52%), Vitamin D: 0.43µg (2.83%)