



## Tuscan Brown & Wild Rice Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



9

CALORIES



158 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 lb asparagus spears fresh trimmed cut into 1-inch lengths
- 1.3 cups brown rice blend wild uncooked (without seasoning)
- 0.3 cup kalamata olives sliced
- 1 Tbsp lemon zest
- 1 cup parsley fresh italian minced
- 0.5 cup pasilla peppers red chopped
- 0.8 cup tuscan house dressing italian kraft
- 2.8 cups water

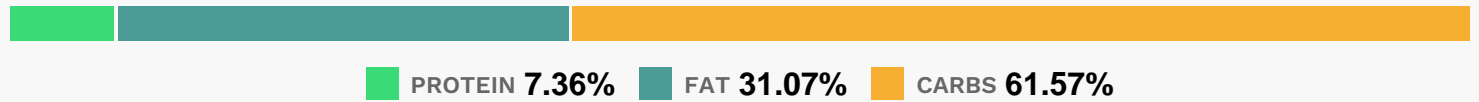
# Equipment

- bowl
- sauce pan

# Directions

- Bring water and rice to boil in medium saucepan, stirring occasionally; cover. Simmer on medium-low heat 45 to 55 min. or until rice is tender and liquid is absorbed. (Do not remove lid or stir during cook time.)
- Remove from heat; fluff with fork. Cool.
- Spoon rice into large bowl.
- Add remaining ingredients; mix lightly.

# Nutrition Facts



# Properties

Glycemic Index:17.19, Glycemic Load:11.59, Inflammation Score:-7, Nutrition Score:13.618695653003%

# Flavonoids

Apigenin: 14.36mg, Apigenin: 14.36mg, Apigenin: 14.36mg, Apigenin: 14.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.44mg, Isorhamnetin: 1.44mg, Isorhamnetin: 1.44mg, Isorhamnetin: 1.44mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

# Nutrients (% of daily need)

Calories: 157.87kcal (7.89%), Fat: 5.52g (8.5%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 24.62g (8.21%), Net Carbohydrates: 22.6g (8.22%), Sugar: 3.04g (3.38%), Cholesterol: 0mg (0%), Sodium: 262.24mg (11.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Vitamin K: 131.24µg (124.99%), Manganese: 1.05mg (52.68%), Vitamin C: 21.81mg (26.44%), Vitamin A: 1033.41IU (20.67%), Magnesium: 47.81mg (11.95%), Vitamin B1: 0.16mg (10.69%), Vitamin B6: 0.2mg (10.11%), Phosphorus: 91.96mg (9.2%), Iron: 1.54mg (8.54%), Folate: 32.52µg (8.13%), Fiber: 2.01g (8.06%), Vitamin B3: 1.59mg (7.94%), Copper: 0.15mg (7.62%), Vitamin E: 1.04mg (6.93%), Potassium: 195.12mg (5.57%), Zinc: 0.79mg (5.24%), Vitamin B5: 0.52mg (5.19%), Vitamin B2: 0.06mg (3.6%), Calcium: 32.09mg (3.21%), Selenium: 1.02µg (1.46%)