

Vegetable Feta Rice

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



384 kcal

SIDE DISH

Ingredients

- 1 cup celery chopped
- 1 cup cucumber chopped
- 4 ounces feta cheese
- 1 tablespoon olive oil
- 1 cup onion red chopped
- 2 tablespoons red wine vinegar
- 3 cups water
- 1.5 cups rice long-grain white uncooked

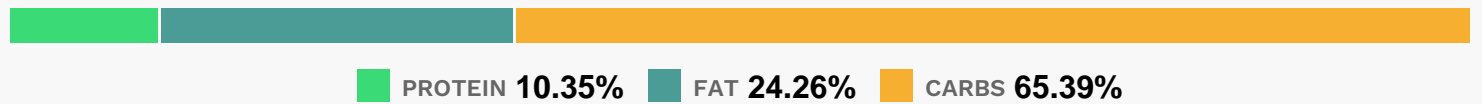
Equipment

- mixing bowl
- pot

Directions

- Place rice and water in a medium-size pot. Bring water to a boil, when boiled reduce heat to a simmer, cover pot and let rice cook until tender.
- In a large mixing bowl, combine red onion, celery, and cucumber. Crumble the feta into the bowl. Cover the vegetable mixture with cooked rice, cover and let sit for 5 minutes.
- Toss vegetable and feta with oil and vinegar, and serve.

Nutrition Facts



Properties

Glycemic Index:40.55, Glycemic Load:34.69, Inflammation Score:-5, Nutrition Score:11.555652151937%

Flavonoids

Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 384.23kcal (19.21%), Fat: 10.19g (15.68%), Saturated Fat: 4.41g (27.56%), Carbohydrates: 61.79g (20.6%), Net Carbohydrates: 59.57g (21.66%), Sugar: 2.58g (2.86%), Cholesterol: 25.23mg (8.41%), Sodium: 358.66mg (15.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.79g (19.57%), Manganese: 0.87mg (43.4%), Selenium: 15.06µg (21.52%), Phosphorus: 200.56mg (20.06%), Calcium: 188.95mg (18.9%), Vitamin B2: 0.31mg (18.05%), Vitamin B6: 0.32mg (15.88%), Vitamin K: 12.64µg (12.04%), Copper: 0.24mg (11.94%), Vitamin B5: 1.17mg (11.69%), Zinc: 1.75mg (11.67%), Folate: 35.97µg (8.99%), Magnesium: 35.57mg (8.89%), Fiber: 2.22g (8.87%), Vitamin B1: 0.13mg (8.42%), Vitamin B12: 0.48µg (7.99%), Potassium: 269.59mg (7.7%), Vitamin B3: 1.53mg (7.65%), Vitamin C: 4.84mg (5.87%), Iron: 1mg (5.56%), Vitamin A: 257.75IU (5.15%), Vitamin E: 0.72mg (4.78%)