



Vegetable Rice Salads with Beans

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

57 min.

SERVINGS

servings

4

CALORIES

calories

473 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bunch arugula salad
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 cups chickpeas canned
- ☐ 2 carrots diced peeled
- ☐ 1 rib celery diced
- ☐ 1 tablespoon dijon mustard
- ☐ 4 servings optional: dill chopped for garnish
- ☐ 0.5 pound green beans trimmed cut into 1-inch pieces

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 6 tablespoons oil extra-virgin
- ☐ 4 servings parsley chopped for garnish
- ☐ 1 bell pepper diced red cored
- ☐ 0.5 teaspoon salt
- ☐ 4 servings salt
- ☐ 1 bunch scallions chopped
- ☐ 1 cup short-grain brown rice
- ☐ 2 cups water

Equipment

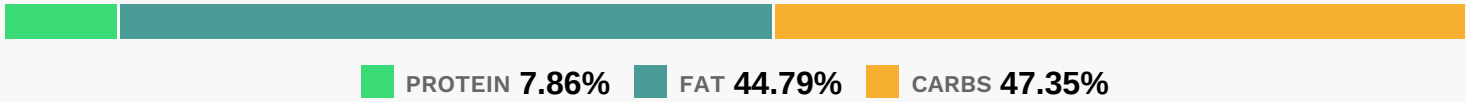
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ colander

Directions

- ☐ In a 2-quart saucepan bring salted water to a boil and add rice and boil, uncovered, stirring occasionally, until cooked, about 25 minutes.
- ☐ Drain rice in a colander and rinse under cold running water until cool.
- ☐ Drain rice well.
- ☐ In a saucepan of boiling salted water, blanch beans and carrots for 1 or 2 minutes, drain in a sieve and shock in ice bath.
- ☐ Drain vegetables well.
- ☐ In a large bowl whisk together lemon juice, mustard, salt, and pepper.
- ☐ Add oil in a stream and whisk until emulsified.
- ☐ Add rice, blanched vegetables, celery, bell pepper, scallions, and chickpeas, toss well and adjust seasoning.

- ☐ Add dill and parsley.
- ☐ Serve on bed of arugula.

Nutrition Facts



Properties

Glycemic Index:107.73, Glycemic Load:26.43, Inflammation Score:-10, Nutrition Score:30.874782541524%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg Kaempferol: 10.35mg, Kaempferol: 10.35mg, Kaempferol: 10.35mg, Kaempferol: 10.35mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

Nutrients (% of daily need)

Calories: 473.33kcal (23.67%), Fat: 24.21g (37.24%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 57.58g (19.19%), Net Carbohydrates: 49.21g (17.89%), Sugar: 5.54g (6.16%), Cholesterol: 0mg (0%), Sodium: 741.44mg (32.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.55g (19.11%), Vitamin A: 7507.04IU (150.14%), Vitamin K: 153.98µg (146.65%), Manganese: 2.72mg (135.8%), Vitamin C: 60.55mg (73.4%), Vitamin B6: 0.79mg (39.43%), Fiber: 8.38g (33.51%), Magnesium: 129.73mg (32.43%), Vitamin E: 4.79mg (31.93%), Folate: 102.91µg (25.73%), Phosphorus: 245.36mg (24.54%), Vitamin B1: 0.34mg (22.48%), Potassium: 662.03mg (18.92%), Iron: 3.3mg (18.32%), Copper: 0.35mg (17.4%), Vitamin B3: 3.44mg (17.21%), Vitamin B5: 1.4mg (14.03%), Calcium: 133.71mg (13.37%), Zinc: 1.96mg (13.07%), Vitamin B2: 0.17mg (10%), Selenium: 3.05µg (4.35%)