



Warm Herbed Coriander Rice Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



391 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup brown basmati rice long-grain rinsed
- ☐ 1 tablespoon coriander seeds crushed
- ☐ 0.5 teaspoon cumin seeds crushed
- ☐ 3 garlic cloves minced
- ☐ 0.5 cup herbs such as cilantro mixed chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 ounces pecans toasted coarsely chopped
- ☐ 3 tablespoons vegetable oil divided

- ☐ 1.8 cups water cold
- ☐ 1.3 pound zucchini cut into 1/2-inch pieces

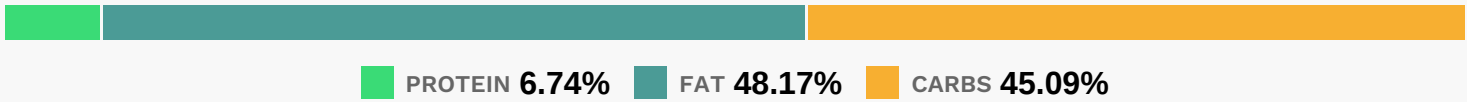
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Bring rice and water to a boil with 1 tablespoon oil and 1/2 teaspoon salt in a 2-quart heavy saucepan. Cover and cook over low heat until water is absorbed and rice is tender, about 50 minutes.
- ☐ Let stand, covered, 10 minutes, then transfer to a shallow baking pan and cool to warm.
- ☐ While rice is standing, cook coriander and cumin seeds in remaining 2 tablespoons oil in 12-inch heavy skillet over medium heat, stirring constantly, until fragrant and a shade darker, 1 to 2 minutes.
- ☐ Add garlic, zucchini, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook, stirring frequently, until zucchini is crisp-tender, 5 to 7 minutes. Toss zucchini mixture with rice, herbs, lemon juice, pecans, and salt and pepper to taste.
- ☐ Plain rice can be made 1 day ahead and chilled. Reheat in a microwave or steam over boiling water before adding zucchini mixture.

Nutrition Facts



Properties

Glycemic Index:47.8, Glycemic Load:23, Inflammation Score:-6, Nutrition Score:15.521304379339%

Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg

Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 390.56kcal (19.53%), Fat: 21.48g (33.05%), Saturated Fat: 2.65g (16.59%), Carbohydrates: 45.24g (15.08%), Net Carbohydrates: 41.2g (14.98%), Sugar: 4.29g (4.77%), Cholesterol: 0mg (0%), Sodium: 20.23mg (0.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.52%), Manganese: 1.5mg (74.83%), Vitamin K: 37.9µg (36.09%), Vitamin C: 28.5mg (34.55%), Copper: 0.4mg (19.84%), Vitamin B6: 0.37mg (18.6%), Fiber: 4.04g (16.14%), Phosphorus: 158.1mg (15.81%), Magnesium: 63.01mg (15.75%), Potassium: 523.31mg (14.95%), Vitamin B1: 0.2mg (13.38%), Selenium: 8.48µg (12.11%), Zinc: 1.73mg (11.55%), Folate: 43.72µg (10.93%), Vitamin B2: 0.18mg (10.83%), Iron: 1.76mg (9.79%), Vitamin A: 453.29IU (9.07%), Vitamin B5: 0.91mg (9.05%), Vitamin E: 1.29mg (8.62%), Vitamin B3: 1.63mg (8.15%), Calcium: 69.45mg (6.95%)