



Yogurt-Rice Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



281 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup rice long-grain white
- 1 cup rice long-grain white
- 0.8 cup carrots shredded
- 0.3 teaspoon pepper hot
- 14 oz cucumber english
- 1 teaspoon ginger fresh grated
- 8 oz apples i use 2 granny smith apples
- 0.1 teaspoon pepper

- 2 cups yogurt plain
- 2 cups yogurt plain
- 1 cup onion white red rinsed drained chopped
- 0.5 teaspoon salt
- 1 teaspoon vegetable oil
- 5 oz zucchini

Equipment

- bowl
- frying pan
- sieve

Directions

- In a fine strainer, rinse rice well and drain. In a 2- to 3-quart pan over high heat, bring 3 cups water and the rice to a boil. Reduce heat to medium-high and cook, uncovered, until most of the liquid is absorbed, about 10 minutes. Reduce heat to low, cover, and cook until rice is tender to bite, about 10 minutes longer. Scoop into a large bowl and let cool, stirring occasionally, 15 to 20 minutes.
- Meanwhile, rinse cucumber, zucchini, and apple. Trim off and discard ends of cucumber and zucchini; cut vegetables into 1/2-inch cubes. Stem and core apple; cut into 1/2-inch cubes.
- Add cucumber, zucchini, apple, and onion to cool rice.
- Pour any excess liquid off yogurt. In a bowl, mix yogurt, ginger, and 1/2 teaspoon salt.
- Add to rice mixture and stir gently to coat.
- Set a 6- to 8-inch frying pan over medium-high heat; when hot, add oil and chili flakes and stir just until chili begins to darken slightly, 15 to 30 seconds.
- Add pepper.
- Pour over rice mixture and stir gently to mix, adding more salt to taste. Spoon into a serving bowl and garnish with shredded carrots.

Nutrition Facts



■ PROTEIN 16.11% ■ FAT 4.21% ■ CARBS 79.68%

Properties

Glycemic Index:36.28, Glycemic Load:24.15, Inflammation Score:-9, Nutrition Score:13.954347745232%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.36mg, Quercetin: 5.36mg, Quercetin: 5.36mg, Quercetin: 5.36mg

Nutrients (% of daily need)

Calories: 280.96kcal (14.05%), Fat: 1.31g (2.01%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 55.76g (18.59%), Net Carbohydrates: 53.34g (19.4%), Sugar: 15.11g (16.79%), Cholesterol: 2.45mg (0.82%), Sodium: 254.82mg (11.08%), Alcohol: 0g (0%), Protein: 11.28g (22.55%), Vitamin A: 2135.24IU (42.7%), Manganese: 0.64mg (31.94%), Calcium: 278.23mg (27.82%), Phosphorus: 277.59mg (27.76%), Vitamin B2: 0.36mg (21.34%), Potassium: 585.37mg (16.72%), Selenium: 11.71µg (16.72%), Vitamin B5: 1.5mg (14.95%), Zinc: 1.93mg (12.84%), Vitamin B12: 0.75µg (12.45%), Magnesium: 49.59mg (12.4%), Vitamin B6: 0.24mg (12.17%), Vitamin K: 12.63µg (12.03%), Vitamin C: 9.17mg (11.11%), Fiber: 2.42g (9.67%), Vitamin B1: 0.13mg (8.98%), Copper: 0.17mg (8.62%), Folate: 33.11µg (8.28%), Vitamin B3: 1.2mg (5.98%), Iron: 0.81mg (4.52%), Vitamin E: 0.29mg (1.95%)