

Zesty Rice Salad

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

42 min.

SERVINGS

servings

4

CALORIES

calories

390 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14.5 ounce beans red drained and rinsed canned
- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon chili seasoning
- ☐ 1 tablespoon freshly cilantro leaves chopped
- ☐ 1 tablespoon garlic chopped
- ☐ 0.5 medium onion diced red
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2.3 cups water

- ☐ 1.5 cups rice long-grain white
- ☐ 1 tablespoon vinegar white
- ☐ 1 bell pepper diced yellow

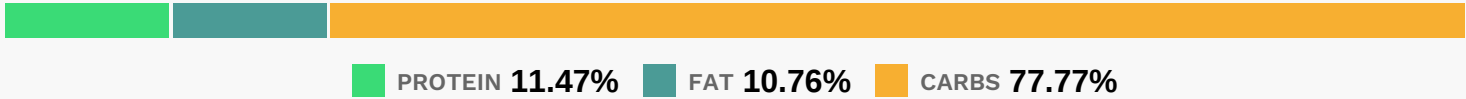
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ pot

Directions

- ☐ Heat oil over medium heat in a medium sauce pot.
- ☐ Add garlic, and rice and saute for 2 minutes until rice is toasted.
- ☐ Add 2 1/4 cups water, chili seasoning and season with a pinch of salt and pepper and bring to a boil. Cover, reduce heat to low and simmer for 15 minutes.
- ☐ Remove to a baking sheet and let cool.
- ☐ In a large bowl combine onion, yellow pepper, cooled rice, beans, vinegar and cilantro.
- ☐ Mix well and serve with steak.

Nutrition Facts



Properties

Glycemic Index:74.8, Glycemic Load:39.01, Inflammation Score:-8, Nutrition Score:16.415652233621%

Flavonoids

Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Nutrients (% of daily need)

Calories: 389.84kcal (19.49%), Fat: 4.64g (7.14%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 75.55g (25.18%), Net Carbohydrates: 68.02g (24.73%), Sugar: 2.77g (3.08%), Cholesterol: 0mg (0%), Sodium: 276.03mg (12%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 11.15g (22.29%), Vitamin C: 57.1mg (69.21%), Manganese: 1.18mg (59.15%), Fiber: 7.53g (30.12%), Phosphorus: 208.76mg (20.88%), Copper: 0.38mg (19.12%), Vitamin A: 929.2IU (18.58%), Selenium: 12.18µg (17.41%), Vitamin B6: 0.33mg (16.26%), Magnesium: 58.3mg (14.58%), Potassium: 479.97mg (13.71%), Iron: 2.42mg (13.46%), Vitamin B1: 0.18mg (12.14%), Folate: 43.61µg (10.9%), Zinc: 1.58mg (10.54%), Vitamin B3: 2.09mg (10.45%), Vitamin B5: 0.96mg (9.62%), Vitamin K: 8.75µg (8.33%), Vitamin E: 1.23mg (8.18%), Vitamin B2: 0.14mg (8.12%), Calcium: 68.03mg (6.8%)