



# CURRIED RICE SALAD

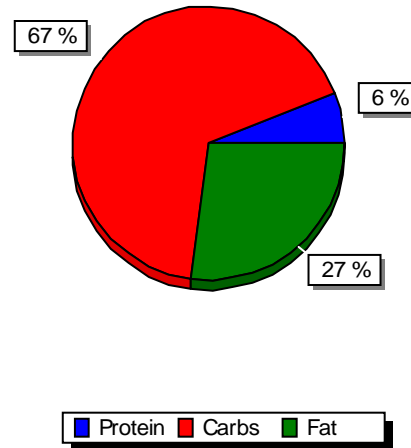
Number of Servings: 21.84

Calories Per Serving: 108

PCF Ratio: 6-67-27

Single Serving Comment:

6-67-27 Ratio



## Nutrition Information

Serving Size: (100g)

Servings: 1

Amount Per Serving

**Calories** 110    **Calories from Fat** 30

% Daily Value\*

**Total Fat** 4g    **5%**

Saturated Fat 1g    **3%**

**Cholesterol** 0mg    **0%**

**Sodium** 115mg    **5%**

**Total Carbohydrate** 19g    **6%**

Dietary Fiber 2g    **7%**

Sugars 6 g

**Protein** 2 g

Vitamin A 30%    Vitamin C 50%

Calcium 2%    Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet

**CURRIED RICE SALAD (continued)**

**Recipe Ingredients:**

| Name                            | Description                    | Serving Size | Gram Wt. | Calories (kcal) | Protein (g) | Carbs (g) | Sugars (g) | Dietary Fiber (g) | Fat (g) |
|---------------------------------|--------------------------------|--------------|----------|-----------------|-------------|-----------|------------|-------------------|---------|
| BROWN RICE, LONG GRAIN, COOKED  |                                | 1000         | 1,000    | 1110            | 25.8        | 229.6     | 3.5        | 18                | 9       |
| ONION, SPRING OR SCALLIONS, RAW | include tops & bulb            | 1/2 large    | 13       | 4               | .2          | .9        | .3         | .3                | .0      |
| RED PEPPER, SWEET, RAW          | 2.25/pound, 3.75" long, 3" dia | 1 large      | 164      | 42.6            | 1.6         | 9.9       | 6.9        | 3.3               | .5      |
| YELLOW PEPPER, SWEET, RAW       | large - 3.75" long, 3" dia     | 1 pepper     | 186      | 50.2            | 1.9         | 11.8      |            | 1.7               | .4      |
| CELERY, RAW                     | 4" long                        | 4 strips     | 16       | 2.2             | .1          | .5        | .3         | .3                | .0      |
| CARROT, RAW                     | 7.5" long                      | 2 carrots    | 144      | 59              | 1.3         | 13.8      | 6.5        | 4                 | .3      |
| APPLE W/O SKIN, RAW             | 3/lb (2.75" dia)               | 3 medium     | 384      | 184.3           | 1           | 49        | 38.8       | 5                 | .5      |
| RAISIN, SEEDLESS                | not packed                     | 1/2 cup      | 73       | 216.8           | 2.2         | 57.4      | 42.9       | 2.7               | .3      |
| CASHEW NUTS                     |                                | 10 grams     | 10       | 61.9            | 1.7         | 2.9       | .5         | .2                | 4.8     |
| VEGETABLE OIL                   |                                | 1/4 cup      | 56       | 480             |             |           |            |                   | 56      |
| BROWN RICE VINEGAR              | Organic                        | 1/2 cup      | 112      | 80              |             | 16        | 16         |                   |         |
| CURRY POWDER                    |                                | 1 tbsp       | 6        | 20.5            | .8          | 3.7       | .2         | 2.1               | .9      |
| GARLIC, RAW                     |                                | 1 clove      | 3        | 4.5             | .2          | 1         | .0         | .1                | .0      |
| SUGAR, GRANULATED               |                                | 1 tbsp       | 12       | 45              |             | 12        | 12         |                   |         |
| SALT, TABLE                     |                                | 1 tsp        | 6        |                 |             |           |            |                   |         |
| Recipe Total:                   |                                |              | 2,184    | 2361.1          | 36.9        | 408.4     | 127.9      | 37.6              | 72.8    |
| Single Serving Total:           |                                |              | 100      | 108.1           | 1.7         | 18.7      | 5.9        | 1.7               | 3.3     |

**CURRIED RICE SALAD (continued)**

| <b>Name</b>                          | Sat<br>fat (g) | Trans Fat<br>(g) | Cholest<br>(mg) | Vit-A<br>(mcg_RAE) | Vit-C<br>(mg) | Calcium<br>(mg) | Iron<br>(mg) |  |  |  |
|--------------------------------------|----------------|------------------|-----------------|--------------------|---------------|-----------------|--------------|--|--|--|
| BROWN RICE,<br>LONG GRAIN,<br>COOKED | 1.8            |                  |                 |                    |               | 100             | 4.2          |  |  |  |
| ONION, SPRING OR<br>SCALLIONS, RAW   |                |                  |                 | 6.3                | 2.3           | 9               | .2           |  |  |  |
| RED PEPPER,<br>SWEET, RAW            | .1             |                  |                 | 257.5              | 311.6         | 11.5            | .7           |  |  |  |
| YELLOW PEPPER,<br>SWEET, RAW         | .1             |                  |                 | 18.6               | 341.3         | 20.5            | .9           |  |  |  |
| CELERY, RAW                          |                |                  |                 | 3.5                | .5            | 6.4             | .0           |  |  |  |
| CARROT, RAW                          | .1             |                  |                 | 1211               | 8.5           | 47.5            | .4           |  |  |  |
| APPLE W/O SKIN,<br>RAW               | .1             |                  |                 | 7.7                | 15.4          | 19.2            | .3           |  |  |  |
| RAISIN, SEEDLESS                     | .0             |                  |                 |                    | 1.7           | 36.3            | 1.4          |  |  |  |
| CASHEW NUTS                          | .8             |                  |                 |                    |               |                 | .4           |  |  |  |
| VEGETABLE OIL                        | 8              |                  |                 |                    |               |                 |              |  |  |  |
| BROWN RICE<br>VINEGAR                |                |                  |                 |                    |               |                 |              |  |  |  |
| CURRY POWDER                         | .1             |                  |                 | 3.1                | .7            | 30.1            | 1.9          |  |  |  |
| GARLIC, RAW                          |                |                  |                 |                    | .9            | 5.4             | .1           |  |  |  |
| SUGAR,<br>GRANULATED                 |                |                  |                 |                    |               |                 |              |  |  |  |
| SALT, TABLE                          |                |                  |                 |                    |               | 1.4             | .0           |  |  |  |
| Recipe Total:                        | <b>11.1</b>    |                  |                 | <b>1507.7</b>      | <b>682.9</b>  | <b>287.3</b>    | <b>10.4</b>  |  |  |  |
| Single Serving Total:                | <b>.5</b>      |                  |                 | <b>69</b>          | <b>31.3</b>   | <b>13.2</b>     | <b>.5</b>    |  |  |  |