

Christmas Rice Salad

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-tree-salad-recipe>

Ingredients:

- 1 cup long-grain white rice
- 3 courgette
- 1 red capsicum
- 3 cups baby spinach leaves
- 1 pomegranate
- 1/4 cup mayonnaise
- 1 tablespoon chutney spiced fruit
- 1 tablespoon lemon juice
- salt
- pepper

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 64 grams
3. Cholesterol: 5 milligrams
4. Fat: 6 grams
5. Fiber: 6 grams
6. Protein: 7 grams
7. SaturatedFat: 1 grams
8. Sodium: 320 milligrams
9. Sugar: 18 grams

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