

Black Rice Salad with Avocado and Grapefruit

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-black-rice-salad-recipe>

Ingredients:

- 1 cup black rice
- 1/4 teaspoon kosher salt
- 1 garlic clove minced
- 1/4 cup orange juice
- 2 tablespoons olive oil
- 1/8 teaspoon red pepper flakes
- 1 tablespoon rice wine vinegar
- 1 grapefruit peeled and quartered and chopped into 1/2-inch pieces, see how to segment a grapefruit here
- 1 avocado peeled and diced into 1/2-inch pieces
- 2 green onions chopped
- salt
- pepper

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 50 grams
3. Fat: 16 grams
4. Fiber: 7 grams
5. Protein: 6 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 350 milligrams
8. Sugar: 7 grams

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