

# Tasty and Easy Italian Insalata di riso with tuna

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-insalata-recipe>

## Ingredients:

- 3/4 cup carnaroli rice
- 1/2 cup peas boiled
- 1 cup green beans boiled
- 1 can tuna packed in olive oil
- 12 cherry tomatoes multi color
- 10 olives
- 1/3 cup corn
- 1/4 cup artichoke hearts
- 1/2 cup mozzarella firm, or Asiago, Gruyère, Fontina
- 2 boiled eggs
- oil
- salt
- pepper

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 105 milligrams
4. Fat: 11 grams
5. Fiber: 5 grams
6. Protein: 11 grams
7. SaturatedFat: 3 grams
8. Sodium: 380 milligrams
9. Sugar: 4 grams

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