

# Italian Rice Salad

## #SundaySupper

Yield: 4 min  
Total Time: 25 min

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

### Ingredients:

- 1 pound rice arborio or parboiled
- 4 ounces ham cubed
- 5 ounces swiss cheese cubed, emmenthal would be best
- 3 ounces peas boiled and drained
- 3 ounces pickles mixed Italian vegetable, giardiniera, chopped
- 3 ounces green olives pitted and quartered
- 5 ounces tuna
- 5 tablespoons corn
- 10 cherry tomatoes quartered
- basil leaves
- 2 tablespoons extra-virgin olive oil
- salt
- pepper

### Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 60 milligrams
4. Fat: 24 grams
5. Fiber: 4 grams
6. Protein: 27 grams
7. SaturatedFat: 9 grams
8. Sodium: 1240 milligrams
9. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Italian Rice Salad #SundaySupper above. You can see more 19 italian tuna rice salad recipe Experience culinary bliss now! to get more great cooking ideas.