



Asian Rice and Lentil Patties

 Dairy Free

READY IN



83 min.

SERVINGS



4

CALORIES



270 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup brown rice uncooked
- ☐ 2 ounces lentils dried rinsed
- ☐ 1.5 cups water
- ☐ 0.3 cup cashew pieces finely chopped
- ☐ 2 tablespoons breadcrumbs dry (any flavor)
- ☐ 2 tablespoons sauce
- ☐ 0.3 cup spring onion finely chopped
- ☐ 1 eggs beaten

- ☐ 0.5 cup celery stalks sliced
- ☐ 0.5 cup carrots sliced
- ☐ 0.5 cup water
- ☐ 2 tablespoons sauce
- ☐ 1 serving rice hot chinese cooked

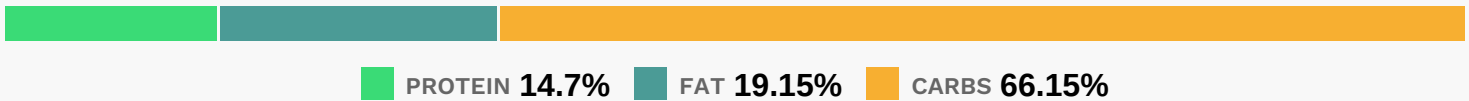
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat rice, lentils and 1 1/2 cups water to boiling in 2-quart saucepan; reduce heat. Cover and simmer 30 to 40 minutes, stirring occasionally, until lentils are tender and water is absorbed. Cool slightly.
- ☐ Mash rice mixture slightly with fork. Stir in cashews, bread crumbs, 2 tablespoons stir-fry sauce, the onions and egg. Shape mixture into 4 patties, each about 1/2 inch thick.
- ☐ Spray 10-inch skillet with cooking spray. Cook patties in skillet about 10 minutes, turning once, until golden brown.
- ☐ Remove patties from skillet; keep warm.
- ☐ Heat remaining ingredients except noodles to boiling in same skillet; reduce heat to medium. Cover and cook about 5 minutes, stirring occasionally, until vegetables are crisp-tender.
- ☐ Add patties. Cover and cook over medium heat 5 to 8 minutes or until patties are hot.
- ☐ Serve sauce and patties over noodles.

Nutrition Facts



Properties

Glycemic Index:82.1, Glycemic Load:18.37, Inflammation Score:-9, Nutrition Score:17.269130235133%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 270.38kcal (13.52%), Fat: 5.78g (8.89%), Saturated Fat: 1.21g (7.56%), Carbohydrates: 44.89g (14.96%), Net Carbohydrates: 38.38g (13.96%), Sugar: 5.66g (6.29%), Cholesterol: 40.92mg (13.64%), Sodium: 263.24mg (11.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.95%), Manganese: 1.4mg (69.95%), Vitamin A: 2856.89IU (57.14%), Fiber: 6.51g (26.05%), Folate: 97.36µg (24.34%), Phosphorus: 223.9mg (22.39%), Vitamin B1: 0.33mg (21.95%), Magnesium: 86.38mg (21.59%), Vitamin K: 22.57µg (21.49%), Copper: 0.39mg (19.32%), Vitamin B6: 0.31mg (15.47%), Iron: 2.67mg (14.86%), Zinc: 2.03mg (13.5%), Selenium: 9µg (12.86%), Potassium: 385.4mg (11.01%), Vitamin B5: 1.08mg (10.8%), Vitamin B3: 2.13mg (10.64%), Vitamin B2: 0.14mg (8.19%), Calcium: 54.42mg (5.44%), Vitamin C: 3.17mg (3.85%), Vitamin E: 0.44mg (2.96%), Vitamin B12: 0.12µg (1.92%), Vitamin D: 0.22µg (1.47%)