



## Beet and Brown Rice Sliders



Vegetarian



Very Healthy

READY IN



49 min.

SERVINGS



4

CALORIES



1153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.8 cup beets grated cooked ( 1 medium)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons dijon mustard
- ☐ 1 large eggs
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 ounce goat cheese sliced
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup brown rice cooled cooked

- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 2 tablespoons shallots finely chopped
- ☐ 16 slices sourdough bread thin
- ☐ 6 tablespoons walnut pieces toasted chopped
- ☐ 1 cup watercress

## Equipment

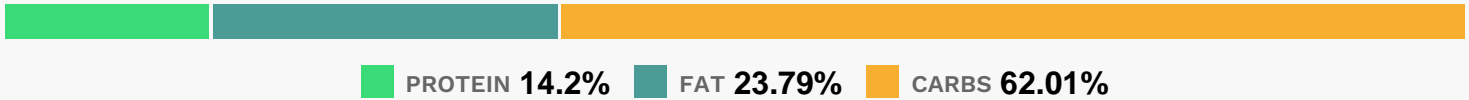
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ cookie cutter
- ☐ broiler

## Directions

- ☐ Preheat broiler to high.
- ☐ Cut each bread slice into a 3-inch circle using a round cutter; reserve scraps for another use (such as breadcrumbs or croutons). Lightly coat bread rounds with cooking spray. Arrange bread rounds in a single layer on a baking sheet. Broil 2 minutes on each side or until lightly toasted. Cool on a wire rack.
- ☐ Reduce oven temperature to 40
- ☐ Place a baking sheet in oven to preheat.
- ☐ Combine rice and next 7 ingredients (through pepper) in a medium bowl.
- ☐ Combine mustard and egg, stirring well.
- ☐ Add egg mixture to rice mixture; stir until well blended. Spoon 1/3 cup rice mixture into a (2 1/2-inch) round cookie cutter; pack mixture down.
- ☐ Remove mold. Repeat procedure 7 times to form 8 patties.
- ☐ Heat a large skillet over medium-high heat.

- ☐
- Add 1 tablespoon oil to pan; swirl to coat. Carefully add 4 patties to pan; cook 2 minutes. Carefully transfer patties to preheated baking sheet, turning patties over and arranging in a single layer. Repeat procedure with remaining 1 tablespoon oil and remaining 4 patties.
- ☐
- Place pan in oven; bake patties at 400 for 9 minutes. Top each patty with 1 cheese slice; bake an additional 1 minute or until cheese is soft and patties are set.
- ☐
- Place 8 toasted bread rounds on a flat surface; top each round with 1 patty. Divide watercress evenly among sliders; top with the remaining toasted bread rounds.

## Nutrition Facts



### Properties

Glycemic Index:80.63, Glycemic Load:104.04, Inflammation Score:-9, Nutrition Score:47.648260925127%

### Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

### Nutrients (% of daily need)

Calories: 1152.8kcal (57.64%), Fat: 30.74g (47.29%), Saturated Fat: 7.13g (44.54%), Carbohydrates: 180.23g (60.08%), Net Carbohydrates: 170.25g (61.91%), Sugar: 15.59g (17.32%), Cholesterol: 56.28mg (18.76%), Sodium: 2094.98mg (91.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.29g (82.58%), Manganese: 3.85mg (192.58%), Vitamin B1: 2.18mg (145.51%), Selenium: 93.97µg (134.25%), Folate: 391.79µg (97.95%), Vitamin K: 91.36µg (87.01%), Vitamin B2: 1.36mg (79.83%), Vitamin B3: 15.66mg (78.32%), Iron: 12.8mg (71.1%), Phosphorus: 595.04mg (59.5%), Copper: 0.98mg (49.13%), Magnesium: 194.28mg (48.57%), Fiber: 9.99g (39.95%), Vitamin B6: 0.73mg (36.38%), Zinc: 4.73mg (31.56%), Calcium: 235.78mg (23.58%), Vitamin B5: 2.13mg (21.28%), Potassium: 667.73mg (19.08%), Vitamin A: 891.9IU (17.84%), Vitamin E: 2.53mg (16.89%), Vitamin C: 10.52mg (12.75%), Vitamin B12: 0.18µg (2.96%), Vitamin D: 0.34µg (2.23%)