



Brown Rice Timbales with Two-Mushroom Sauce



Vegetarian



Gluten Free

READY IN



48 min.

SERVINGS



4

CALORIES



336 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup navy beans canned rinsed drained
- ☐ 2 tablespoons celery minced
- ☐ 2 tablespoons cooking wine dry red
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 servings two-mushroom sauce
- ☐ 2 teaspoons olive oil

- ☐ 0.5 cup onion finely chopped
- ☐ 2 ounces sharp provolone cheese shredded
- ☐ 2 cups quick-cooking brown rice uncooked
- ☐ 0.5 teaspoon salt divided
- ☐ 1 cup vegetable broth
- ☐ 3 tablespoons walnuts toasted chopped
- ☐ 1 cup water

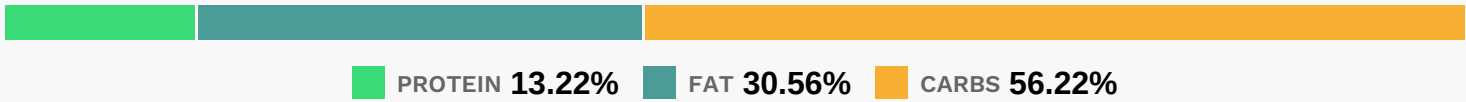
Equipment

- ☐ sauce pan

Directions

- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add onion and celery; saut 4 to 5 minutes or until vegetables are tender.
- ☐ Add wine; cook over medium-high heat 1 to 2 minutes or until most of liquid is absorbed.
- ☐ Add rice, broth, water, and 1/4 teaspoon salt. Bring to a boil; cover, reduce heat, and simmer 15 minutes or until rice is tender. Stir in cheese, walnuts, parsley, navy beans, remaining 1/4 teaspoon salt, and pepper.
- ☐ Divide rice mixture among 4 (6-ounce) custard cups coated with cooking spray.
- ☐ Place a serving plate upside down on top of each cup; invert timbales onto plates. Spoon Two-Mushroom Sauce over timbales.
- ☐ Garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:61.75, Glycemic Load:1, Inflammation Score:-7, Nutrition Score:15.174347825672%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg, Petunidin: 0.25mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg, Malvidin: 1.97mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Apigenin: 4.43mg, Apigenin: 4.43mg, Apigenin: 4.43mg, Apigenin: 4.43mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 335.87kcal (16.79%), Fat: 11.26g (17.32%), Saturated Fat: 3.28g (20.48%), Carbohydrates: 46.6g (15.53%), Net Carbohydrates: 43.1g (15.67%), Sugar: 1.83g (2.03%), Cholesterol: 9.78mg (3.26%), Sodium: 788.1mg (34.27%), Alcohol: 0.79g (100%), Alcohol %: 0.4% (100%), Protein: 10.95g (21.91%), Manganese: 0.85mg (42.71%), Folate: 155.79µg (38.95%), Vitamin K: 36.97µg (35.21%), Vitamin B1: 0.49mg (32.36%), Selenium: 20.54µg (29.34%), Iron: 3.81mg (21.18%), Phosphorus: 199.86mg (19.99%), Vitamin B3: 3.38mg (16.89%), Calcium: 150.88mg (15.09%), Copper: 0.29mg (14.69%), Fiber: 3.5g (14.01%), Zinc: 1.63mg (10.87%), Magnesium: 41.57mg (10.39%), Vitamin A: 438.9IU (8.78%), Vitamin B6: 0.17mg (8.35%), Potassium: 214.17mg (6.12%), Vitamin B2: 0.1mg (5.92%), Vitamin C: 4.61mg (5.59%), Vitamin E: 0.68mg (4.51%), Vitamin B5: 0.41mg (4.11%), Vitamin B12: 0.21µg (3.46%)