



Cheesy Rice Cake Stuffed with Herbs and Greens

READY IN



75 min.

SERVINGS



4

CALORIES



1006 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons butter
- ☐ 4 cups chicken stock see
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.3 cup evoo
- ☐ 3 to 4 baby fennel trimmed chopped
- ☐ 0.5 cup herbs fresh packed chopped (tarragon, thyme and parsley)
- ☐ 3 cloves garlic chopped
- ☐ 1 small handful golden raisins

- ☐ 1 cup grana padano cheese grated
- ☐ 4 servings nutmeg freshly grated
- ☐ 1 onion chopped
- ☐ 0.8 cup panko breadcrumbs homemade
- ☐ 4 servings salt and pepper black freshly grated
- ☐ 1 large bunch swiss chard stemmed chopped
- ☐ 2.5 cups rice long grain white

Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ cake form
- ☐ springform pan

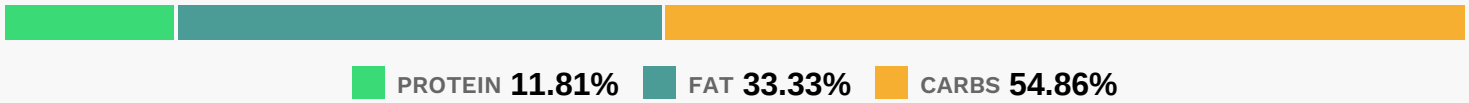
Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F. Grease a 9-inch springform cake pan.
- ☐ In a saucepot, bring the stock, rice, 1 cup water and butter to a boil. Stir, cover and cook 16 to 17 minutes. Stir in three-quarters of the cheese and season with salt and pepper. Cool.
- ☐ Pile half of the rice into the cake pan and mold across the bottom and up the sides of the pan.
- ☐ Heat the EVOO in a large skillet over medium to medium-high heat.
- ☐ Add the fennel, garlic, onions, raisins and some salt and pepper, and cook to soften, 8 to 10 minutes.
- ☐ Add the herbs. Wilt in the chard and season with a little nutmeg, then deglaze the pan with the wine and cook to evaporate. When the greens have cooked down, remove them from the heat and fill the cake with the greens. Top the cake with the remaining rice and then with the breadcrumbs mixed with the remaining cheese. Dot the cake top with the butter and bake until golden, 25 to 30 minutes.

☐

Serve warm or at room temp, or chill and freeze for a make-ahead meal. Reheat covered in a moderate oven until heated through, then crisp up the top uncovered.

Nutrition Facts



Properties

Glycemic Index:111.46, Glycemic Load:64.23, Inflammation Score:-10, Nutrition Score:41.711304252562%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 1.9mg, Eriodictyol: 1.9mg, Eriodictyol: 1.9mg, Eriodictyol: 1.9mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 4.85mg, Kaempferol: 4.85mg, Kaempferol: 4.85mg, Kaempferol: 4.85mg Myricetin: 3.48mg, Myricetin: 3.48mg, Myricetin: 3.48mg, Myricetin: 3.48mg Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg

Nutrients (% of daily need)

Calories: 1005.85kcal (50.29%), Fat: 36.91g (56.79%), Saturated Fat: 15.01g (93.81%), Carbohydrates: 136.7g (45.57%), Net Carbohydrates: 126.57g (46.03%), Sugar: 19.01g (21.12%), Cholesterol: 54.3mg (18.1%), Sodium: 1374.82mg (59.77%), Alcohol: 2.06g (100%), Alcohol %: 0.35% (100%), Protein: 29.43g (58.86%), Vitamin K: 867.07µg (825.79%), Vitamin A: 6009.07IU (120.18%), Manganese: 2.17mg (108.31%), Vitamin C: 57.05mg (69.15%), Phosphorus: 547.69mg (54.77%), Calcium: 514.22mg (51.42%), Selenium: 33.81µg (48.3%), Potassium: 1612.25mg (46.06%), Vitamin B3: 8.16mg (40.82%), Fiber: 10.13g (40.51%), Magnesium: 160.56mg (40.14%), Copper: 0.75mg (37.4%), Vitamin E: 5.04mg (33.6%), Vitamin B2: 0.55mg (32.54%), Vitamin B6: 0.63mg (31.73%), Iron: 5.7mg (31.66%), Folate: 111.98µg (27.99%), Vitamin B1: 0.36mg (24.26%), Zinc: 3.33mg (22.17%), Vitamin B5: 2mg (19.96%), Vitamin B12: 0.36µg (6.05%)