



Goat Cheese, Lentil and Brown Rice Rolls

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



532 kcal

Ingredients

- ☐ 1 cup baby arugula leaves packed chopped
- ☐ 0.5 teaspoon pepper black freshly ground for seasoning
- ☐ 2 tablespoons butter into unsalted diced
- ☐ 6 servings butter for greasing the baking dish
- ☐ 1 cup green lentils cooked
- ☐ 2 cups short grain brown rice cooked
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 8 ounces goat cheese at room temperature

- ☐ 1 teaspoon kosher salt for seasoning
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 ounces parmesan grated
- ☐ 6 servings salt
- ☐ 1.3 pounds swiss chard leaves
- ☐ 26 ounce tomato-basil sauce

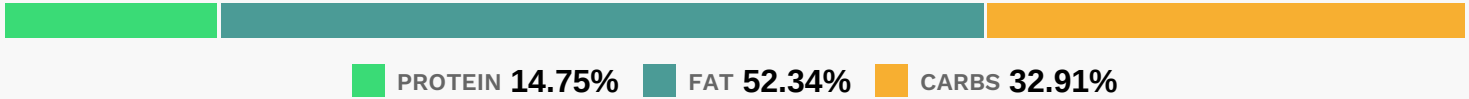
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ glass baking pan

Directions

- ☐ Place an oven rack in the center of the oven. Preheat the oven to 400 degrees F. Butter a 9 by 13-inch glass baking dish. Set aside.
- ☐ Remove the thick stem from the center of each chard leaf.
- ☐ Cut each leaf in half lengthwise. Trim the ends from the leaves to make each leaf-half about 7 inches long and 5 inches wide. Bring a large pot of salted water to a boil over high heat.
- ☐ Add the chard leaves and cook for 10 seconds.
- ☐ Remove the leaves and rinse with cold water.
- ☐ Drain on paper towels and set aside. For the filling: In a medium bowl, mix together the brown rice, arugula, goat cheese, lentils, mint, olive oil, 1 teaspoon salt, 1/2 teaspoon pepper and garlic. Season with additional salt and pepper. Spoon 1/3 cup of the filling onto the end of each chard leaf and roll up like a jellyroll. Spoon 1 cup marinara sauce on the bottom of the prepared pan. Arrange the rolls, seam-side down, in a single layer on top of the sauce. Spoon the remaining sauce on top and sprinkle with the Parmesan.
- ☐ Drizzle with olive oil or dot the top with butter, if using, and bake until the cheese begins to brown and the rolls are heated through, about 25 minutes. Cool for 5 minutes and serve.

Nutrition Facts



Properties

Glycemic Index:47.48, Glycemic Load:11.23, Inflammation Score:-10, Nutrition Score:30.495652375014%

Flavonoids

Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 6.65mg, Kaempferol: 6.65mg, Kaempferol: 6.65mg, Kaempferol: 6.65mg Myricetin: 2.95mg, Myricetin: 2.95mg, Myricetin: 2.95mg, Myricetin: 2.95mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 531.54kcal (26.58%), Fat: 31.26g (48.09%), Saturated Fat: 13.94g (87.1%), Carbohydrates: 44.22g (14.74%), Net Carbohydrates: 33.82g (12.3%), Sugar: 11.09g (12.32%), Cholesterol: 44.6mg (14.87%), Sodium: 1571.73mg (68.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.82g (39.64%), Vitamin K: 795.87µg (757.97%), Vitamin A: 7465.01IU (149.3%), Manganese: 1.54mg (77%), Vitamin C: 36.84mg (44.66%), Fiber: 10.39g (41.58%), Magnesium: 140.95mg (35.24%), Phosphorus: 346.1mg (34.61%), Copper: 0.63mg (31.65%), Iron: 5.27mg (29.28%), Potassium: 1019.98mg (29.14%), Calcium: 287.45mg (28.75%), Folate: 100.81µg (25.2%), Vitamin E: 3.46mg (23.04%), Vitamin B6: 0.4mg (20.24%), Vitamin B2: 0.32mg (18.58%), Vitamin B1: 0.22mg (14.82%), Zinc: 2.02mg (13.46%), Vitamin B5: 1.07mg (10.69%), Vitamin B3: 2.12mg (10.6%), Selenium: 5.4µg (7.71%), Vitamin B12: 0.2µg (3.36%), Vitamin D: 0.27µg (1.79%)