



Mediterranean Rice-Stuffed Escarole

 Gluten Free

READY IN



300 min.

SERVINGS



4

CALORIES



563 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup arborio rice
- ☐ 3 tablespoons capers rinsed chopped
- ☐ 1 large eggs lightly beaten
- ☐ 1.3 pound endive
- ☐ 2 garlic clove finely chopped
- ☐ 0.3 cup golden raisins
- ☐ 0.3 cup olive oil extra virgin extra-virgin divided
- ☐ 1 cup parmesan divided grated

- ☐ 0.5 cup pinenuts
- ☐ 12 ounce roasted peppers red rinsed coarsely chopped

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler

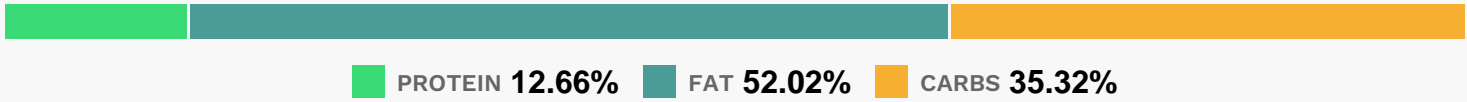
Directions

- ☐ Preheat oven to 400°F with rack in upper third.
- ☐ Quarter escarole lengthwise, leaving base attached, and rinse well. Cook in a medium pot of boiling salted water (2 tablespoons salt for 4 quarts water) 6 minutes.
- ☐ Drain and cool.
- ☐ Meanwhile, bring 1 quart water to a boil with 1 1/2 teaspoons salt in a medium saucepan.
- ☐ Add rice and parboil, uncovered, 10 minutes (rice will not be tender). Reserve 1/2 cup cooking liquid, then drain rice in a sieve.
- ☐ Cook pine nuts in 1/4 cup oil in a 12-inch heavy skillet over medium heat, stirring, until pale golden, about 3 minutes.
- ☐ Add garlic and cook, stirring, until it begins to brown, about 1 minute.
- ☐ Add peppers, raisins, capers, 1/2 teaspoon pepper, and 1/4 teaspoon salt and cook, stirring occasionally, until raisins begin to plump, about 3 minutes.
- ☐ Remove from heat and add rice. Cool slightly, then stir in egg and 1/4 cup cheese.
- ☐ Cut off and discard base from 1 escarole quarter, then gently spread leaves to create a 4-inch-wide area. With base end nearest you, place one fourth of rice mixture in center of bottom half of escarole. Fold base of leaves over rice, then fold in sides and roll up rice in

escarole. Put, seam side down, in a 2-quart flameproof shallow baking dish, then repeat with remaining escarole and rice.

- ☐ Drizzle with reserved cooking liquid and remaining tablespoon oil, then sprinkle with remaining 3/4 cup cheese. Cover tightly with foil and bake until rice is tender, about 30 minutes.
- ☐ Remove foil and turn on broiler, then broil 4 to 6 inches from heat until cheese is browned, 4 to 7 minutes.

Nutrition Facts



Properties

Glycemic Index:60.17, Glycemic Load:29.17, Inflammation Score:-10, Nutrition Score:36.259999793509%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 22.53mg, Kaempferol: 22.53mg, Kaempferol: 22.53mg, Kaempferol: 22.53mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.67mg, Quercetin: 10.67mg, Quercetin: 10.67mg, Quercetin: 10.67mg

Nutrients (% of daily need)

Calories: 562.55kcal (28.13%), Fat: 33.54g (51.6%), Saturated Fat: 7.38g (46.1%), Carbohydrates: 51.25g (17.08%), Net Carbohydrates: 43.45g (15.8%), Sugar: 8.4g (9.33%), Cholesterol: 63.5mg (21.17%), Sodium: 1782.58mg (77.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.36g (36.72%), Vitamin K: 347.05µg (330.52%), Manganese: 2.68mg (134.06%), Folate: 316.66µg (79.17%), Vitamin A: 3789.98IU (75.8%), Vitamin C: 50.01mg (60.62%), Calcium: 427.06mg (42.71%), Phosphorus: 404.4mg (40.44%), Copper: 0.64mg (32.01%), Fiber: 7.8g (31.18%), Vitamin E: 4.4mg (29.31%), Iron: 5.22mg (28.99%), Vitamin B1: 0.43mg (28.52%), Magnesium: 100.68mg (25.17%), Zinc: 3.7mg (24.65%), Potassium: 837.44mg (23.93%), Selenium: 16.15µg (23.07%), Vitamin B5: 2.18mg (21.76%), Vitamin B2: 0.36mg (21.25%), Vitamin B6: 0.36mg (18.14%), Vitamin B3: 3.58mg (17.91%), Vitamin B12: 0.41µg (6.85%), Vitamin D: 0.38µg (2.5%)