



## Moroccan-Inspired Swiss Chard Rolls



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



6

CALORIES



397 kcal

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup brown rice long-grain
- ☐ 3 tablespoons canola oil
- ☐ 3 small carrots peeled chopped
- ☐ 0.5 cup coconut milk organic
- ☐ 2 teaspoons mild curry powder
- ☐ 6 ounces extra-firm tofu dry drained cut into 1/2-inch cubes ()
- ☐ 1 piece ginger fresh grated peeled
- ☐ 1 clove garlic minced

- ☐ 2.3 inch thick ginger fresh
- ☐ 0.5 cup golden raisins
- ☐ 1 cup green onions sliced ( 1 small bunch)
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 medium onion finely chopped
- ☐ 12 large swiss chard leaves fresh (from 2 to 3 bunches)
- ☐ 26 ounce tomato-basil sauce
- ☐ 2.8 cups vegetable broth
- ☐ 0.5 cup rice wild

## Equipment

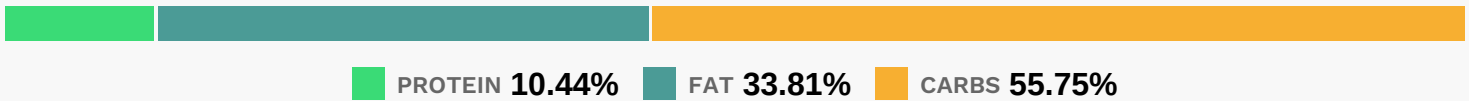
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ baking pan
- ☐ tongs

## Directions

- ☐ Combine the vegetable broth and ginger slices in a medium saucepan; bring to boil.
- ☐ Add the brown and wild rice and bring to boil. Reduce the heat to medium-low; cover and simmer until the rice is just tender, 50 to 55 minutes.
- ☐ Drain if necessary. Discard the ginger slices. Set the rice aside.
- ☐ Meanwhile, position the oven rack in the center of the oven and preheat to 400 degrees F. Lightly oil a 13- by 9- by 2-inch glass or ceramic baking dish with 1 tablespoon of the vegetable oil; set aside.

- ☐ Heat the remaining 2 tablespoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add the green onions, carrots, onions, garlic, ginger, curry powder, cumin, 1/4 teaspoon salt and 1/8 teaspoon pepper. Cook, stirring occasionally, until the vegetables are tender, 6 to 7 minutes. Stir in the golden raisins, tofu and cooked rice mixture.
- ☐ Add the coconut milk and bring to a simmer. Cook for 1 minute until the sauce coats the back of a spoon. Season with the remaining 1/4 teaspoon of salt and 1/8 teaspoon pepper.
- ☐ Remove from the heat and let cool while preparing the chard leaves.
- ☐ Bring a large pot of salted water to boil. Using a sharp knife, cut away the thick stems from the center of each leaf; discard the stems.
- ☐ Cut each leaf in half lengthwise. Trim the wide ends from the leaves to make each leaf half about 10 inches long. Using tongs and working with 1 leaf half at a time, dip the leaf half into the pot of boiling salted water for 10 seconds.
- ☐ Transfer to paper towels to drain.
- ☐ Place about 1/3 cup of the rice filling onto the end of one Swiss chard leaf half.
- ☐ Roll up the leaf, enclosing the filling completely. Repeat with the remaining leaf halves and rice filling for a total of 12 rolls.
- ☐ Spread 1 cup of the sauce onto the bottom of the prepared baking dish.
- ☐ Place the filled rolls, seam-side down, in a single layer atop the sauce in the dish. Spoon the remaining tomato sauce over the rolls.
- ☐ Bake until the rolls are heated through, 25 to 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:92.21, Glycemic Load:20.45, Inflammation Score:-10, Nutrition Score:27.61260869192%

## Flavonoids

Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg, Catechin: 1.44mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 6.3mg, Kaempferol: 6.3mg, Kaempferol: 6.3mg, Kaempferol: 6.3mg Myricetin: 3mg, Myricetin: 3mg, Myricetin: 3mg, Myricetin: 3mg Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg, Quercetin: 7.96mg

Nutrients (% of daily need)

Calories: 396.61kcal (19.83%), Fat: 15.43g (23.74%), Saturated Fat: 5.36g (33.5%), Carbohydrates: 57.26g (19.09%), Net Carbohydrates: 48.1g (17.49%), Sugar: 21.03g (23.37%), Cholesterol: 0mg (0%), Sodium: 1336.49mg (58.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.73g (21.45%), Vitamin K: 848.69µg (808.27%), Vitamin A: 11194.74IU (223.89%), Manganese: 1.46mg (72.85%), Vitamin C: 41.68mg (50.53%), Magnesium: 157.53mg (39.38%), Fiber: 9.15g (36.61%), Potassium: 1219.45mg (34.84%), Iron: 4.98mg (27.68%), Copper: 0.48mg (24%), Phosphorus: 230.43mg (23.04%), Vitamin E: 2.92mg (19.49%), Vitamin B6: 0.36mg (18.17%), Calcium: 147.64mg (14.76%), Vitamin B3: 2.71mg (13.57%), Zinc: 1.99mg (13.29%), Folate: 52.68µg (13.17%), Vitamin B1: 0.19mg (12.44%), Vitamin B2: 0.2mg (11.68%), Vitamin B5: 0.71mg (7.06%), Selenium: 1.77µg (2.53%)