



Parmesan-Rice Crisps

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



143 kcal

Ingredients

- 1 cup brown rice
- 0.8 cup parmesan cheese freshly grated
- 8 servings salt and pepper freshly ground
- 0.3 cup rice wild

Equipment

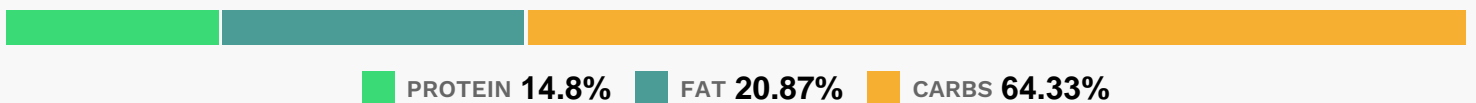
- food processor
- bowl
- baking sheet
- sauce pan

- baking paper
- oven
- wire rack
- plastic wrap
- wax paper
- spatula

Directions

- Bring a large saucepan of water to a boil.
- Add both the brown rice and the wild rice to the boiling water, cover and cook over low heat until the rice mixture is very soft, about 55 minutes.
- Drain the rice mixture and spread it on a platter, then let cool completely.
- In a food processor, pulse the cooled rice mixture until it is coarsely chopped and sticky. Scrape the chopped rice mixture into a large bowl and stir in the grated Parmesan cheese until well blended. Season the rice mixture with salt and pepper.
- Preheat the oven to 45
- Line a large cookie sheet with parchment paper. Scoop 1/2 cup of the rice mixture onto one half of the prepared cookie sheet and pat it into a disk. Cover the rice disk with plastic wrap, then press or roll it out to a very thin 7-by-10-inch rectangle. Repeat on the other half of the cookie sheet.
- Bake the rice crisps in the lower third of the oven for about 12 minutes, or until they are crisp and golden brown. Using a spatula, carefully transfer the parchment paper with the crisps to a wire rack and let the crisps cool completely. Repeat with the remaining rice.
- Make Ahead: The rice crisps can be stored at room temperature in an airtight container, layered between sheets of wax paper, for up to 2 days. Recrisp on a baking sheet in a 350 oven if necessary.

Nutrition Facts



Properties

Glycemic Index:14.34, Glycemic Load:12.08, Inflammation Score:-2, Nutrition Score:6.4260868916045%

Nutrients (% of daily need)

Calories: 143.29kcal (7.16%), Fat: 3.32g (5.1%), Saturated Fat: 1.59g (9.93%), Carbohydrates: 23g (7.67%), Net Carbohydrates: 21.88g (7.96%), Sugar: 0.13g (0.15%), Cholesterol: 8.16mg (2.72%), Sodium: 359.15mg (15.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.59%), Manganese: 0.96mg (48.19%), Phosphorus: 143.79mg (14.38%), Magnesium: 46.1mg (11.52%), Calcium: 91.88mg (9.19%), Zinc: 1.18mg (7.89%), Vitamin B6: 0.15mg (7.4%), Vitamin B1: 0.11mg (7.09%), Vitamin B3: 1.37mg (6.84%), Selenium: 3.42µg (4.89%), Copper: 0.1mg (4.79%), Fiber: 1.12g (4.47%), Vitamin B5: 0.44mg (4.39%), Vitamin B2: 0.06mg (3.27%), Iron: 0.57mg (3.16%), Potassium: 102.29mg (2.92%), Folate: 10.06µg (2.52%), Vitamin B12: 0.13µg (2.11%), Vitamin A: 82.04IU (1.64%)