

## Pesto Rice Cups

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



236 kcal

CONDIMENT

DIP

SPREAD

SAUCE

### Ingredients

- ☐ 1.5 cups tightly basil leaves fresh packed
- ☐ 0.5 cup parsley fresh chopped
- ☐ 4 cloves garlic
- ☐ 1 cup green onions sliced
- ☐ 1.8 cups chicken broth low-sodium
- ☐ 2 teaspoons butter reduced-calorie
- ☐ 0.5 cup commercial oil-free dressing italian
- ☐ 0.3 cup parmesan cheese grated

- ☐ 2 tablespoons pinenuts
- ☐ 1 large bell pepper sweet red
- ☐ 1 cup rice long-grain uncooked
- ☐ 4 sun-dried tomatoes

## Equipment

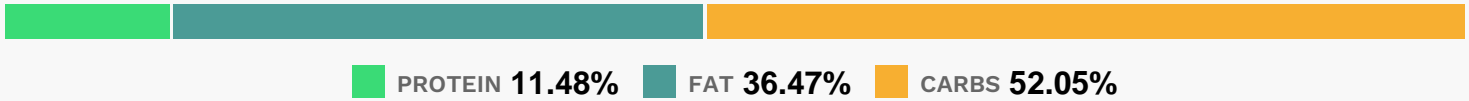
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife

## Directions

- ☐ Cut pepper in half lengthwise; remove and discard seeds and membrane.
- ☐ Place pepper, skin side up, on a baking sheet; flatten with palm of hand. Broil pepper 5 1/2 inches from heat (with electric oven door partially opened) 15 to 20 minutes or until pepper is charred.
- ☐ Place pepper in ice water until cool; peel and discard skin. Dice roasted pepper.
- ☐ Cover sun-dried tomatoes with boiling water, and let stand 5 minutes.
- ☐ Drain.
- ☐ Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add margarine; heat until margarine melts.
- ☐ Add rice, and saute 3 to 4 minutes or until golden, stirring frequently.
- ☐ Add green onions, and saute 1 minute. Reserve 3 tablespoons diced red pepper; add remaining pepper to rice mixture.
- ☐ Add chicken broth; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed.
- ☐ Remove from heat; uncover and let stand 10 minutes.

- ☐ Position knife blade in food processor bowl. Drop garlic, pine nuts, and tomatoes through food chute with processor running; process 5 seconds or until garlic is minced.
- ☐ Add basil and chopped parsley; process 10 seconds or until herbs are minced.
- ☐ Add Parmesancheese, and process until blended. Slowly pour Italian dressing through food chute with processor running, blending until mixture is smooth.
- ☐ Stir pesto mixture gently into rice mixture, and heat thoroughly.
- ☐ Sprinkle reserved red pepper evenly into 6 (3/4-cup) molds. Spoon rice mixture into molds, packing gently with the back of a spoon. Unmold onto individual serving plates.
- ☐ Garnish with parsley sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:47.86, Glycemic Load:15.89, Inflammation Score:-9, Nutrition Score:16.759565122749%

## Flavonoids

Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

## Nutrients (% of daily need)

Calories: 236.4kcal (11.82%), Fat: 9.77g (15.03%), Saturated Fat: 1.79g (11.21%), Carbohydrates: 31.37g (10.46%), Net Carbohydrates: 29.37g (10.68%), Sugar: 2.37g (2.63%), Cholesterol: 4.83mg (1.61%), Sodium: 143.76mg (6.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.84%), Vitamin K: 147.93µg (140.89%), Vitamin C: 47.03mg (57%), Manganese: 0.83mg (41.29%), Vitamin A: 1880.15IU (37.6%), Phosphorus: 138.22mg (13.82%), Vitamin E: 1.69mg (11.26%), Copper: 0.22mg (11.16%), Vitamin B3: 2.2mg (10.98%), Selenium: 7.13µg (10.19%), Folate: 39.84µg (9.96%), Vitamin B6: 0.2mg (9.9%), Calcium: 98.05mg (9.81%), Potassium: 328.3mg (9.38%), Iron: 1.62mg (9%), Magnesium: 34.8mg (8.7%), Fiber: 2g (7.99%), Zinc: 1.15mg (7.64%), Vitamin B2: 0.12mg (6.93%), Vitamin B5: 0.51mg (5.14%), Vitamin B1: 0.08mg (5.11%), Vitamin B12: 0.15µg (2.42%)