



Red Lentil-Rice Cakes with Simple Tomato Salsa

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



305 kcal

Ingredients

- 1 tablespoon balsamic vinegar
- 0.5 cup rice uncooked
- 0.3 teaspoon pepper black freshly ground
- 2 teaspoons capers
- 0.3 cup breadcrumbs dry
- 2 large egg whites lightly beaten
- 0.5 teaspoon fennel seeds crushed
- 0.3 cup basil fresh chopped

- 1 tablespoon basil fresh chopped
- 2 garlic cloves minced
- 2 tablespoons olive oil divided
- 3 ounces part-skim mozzarella cheese shredded
- 3 cups plum tomatoes finely chopped (6 tomatoes)
- 0.5 cup bell pepper red finely chopped
- 1 cup lentils dried red
- 0.5 cup onion red finely chopped
- 0.3 teaspoon salt
- 1 teaspoon salt
- 5 cups water divided

Equipment

- bowl
- frying pan
- paper towels
- sauce pan

Directions

- To prepare salsa, combine first 5 ingredients; set aside at room temperature.
- To prepare cakes, bring 4 cups water and lentils to a boil in a medium saucepan. Reduce heat, and simmer for 20 minutes or until tender.
- Drain and rinse with cold water; drain.
- Place lentils in a large bowl.
- Combine remaining 1 cup water and rice in pan; bring to a boil. Cover, reduce heat, and simmer 18 minutes or until liquid is absorbed. Cool 10 minutes.
- Add rice to lentils.
- Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.

- Add bell pepper, onion, fennel seeds, and garlic to pan; saute 2 minutes or until tender. Cool 10 minutes.
- Add to rice mixture.
- Add mozzarella cheese and remaining ingredients, stirring until well combined.
- Let stand for 10 minutes.
- Wipe skillet clean with paper towels.
- Heat 2 teaspoons olive oil in skillet over medium heat. Spoon half of rice mixture by 1/3-cupfuls into pan, spreading to form 6 (3-inch) circles; cook 5 minutes or until lightly browned. Carefully turn cakes over; cook 5 minutes on other side.
- Remove cakes from pan. Repeat procedure with remaining 1 tablespoon olive oil and remaining rice mixture.
- Serve with salsa.

Nutrition Facts



■ PROTEIN **20.92%** ■ FAT **23.3%** ■ CARBS **55.78%**

Properties

Glycemic Index: 72.46, Glycemic Load: 11.73, Inflammation Score: -9, Nutrition Score: 20.702173918486%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg, Quercetin: 4.59mg Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg

Nutrients (% of daily need)

Calories: 304.92kcal (15.25%), Fat: 7.96g (12.24%), Saturated Fat: 2.26g (14.13%), Carbohydrates: 42.85g (14.28%), Net Carbohydrates: 30.63g (11.14%), Sugar: 5.8g (6.44%), Cholesterol: 9.07mg (3.02%), Sodium: 662.46mg (28.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.07g (32.15%), Fiber: 12.22g (48.88%), Folate: 188.14µg (47.03%), Manganese: 0.86mg (43.1%), Vitamin C: 35.11mg (42.56%), Vitamin A: 1527.11IU (30.54%), Phosphorus: 276.03mg (27.6%), Vitamin B1: 0.4mg (26.44%), Potassium: 703.28mg (20.09%), Vitamin K: 20.81µg (19.82%), Vitamin B6: 0.38mg (18.82%), Iron: 3.35mg (18.63%), Magnesium: 69.55mg (17.39%), Calcium: 171.63mg (17.16%), Copper: 0.34mg (17.04%), Zinc: 2.47mg (16.45%), Selenium: 10.6µg (15.14%), Vitamin B2: 0.22mg (13.23%), Vitamin

E: 1.73mg (11.5%), Vitamin B3: 2.28mg (11.4%), Vitamin B5: 1.07mg (10.69%), Vitamin B12: 0.14µg (2.36%)