



Rice-and-Spinach Gratin with Dill

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



349 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 2 teaspoons butter
- ☐ 3 cups rice long-grain hot cooked
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves minced

- ☐ 1 cup green onions finely chopped
- ☐ 2 cups milk 2% reduced-fat
- ☐ 0.3 teaspoon nutmeg whole grated
- ☐ 0.3 cup onion minced
- ☐ 0.5 cup part-skim ricotta cheese
- ☐ 0.8 teaspoon salt
- ☐ 10 ounce pkt spinach fresh chopped (4 cups)

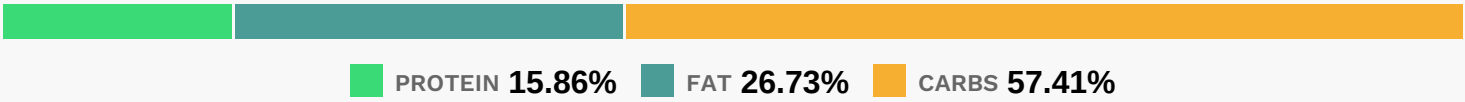
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ To prepare the spinach, heat a large nonstick skillet over medium heat.
- ☐ Add spinach, and cook for 5 minutes or until slightly wilted, stirring frequently. Stir in 2 teaspoons butter and next 4 ingredients (butter through garlic); saute 3 minutes. Spoon spinach mixture into a large bowl; set aside.
- ☐ To prepare sauce, melt 1 tablespoon butter in a small saucepan over medium heat.
- ☐ Add minced onion, and cook 3 minutes. Stir in flour.
- ☐ Add milk; stir with a whisk. Bring to a boil; reduce heat, and simmer 20 minutes, stirring frequently. Stir in the salt, pepper, and nutmeg.
- ☐ Add sauce to spinach mixture. Stir in rice and ricotta cheese. Spoon rice mixture into an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Bake at 400 for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:138.5, Glycemic Load:39.6, Inflammation Score:-10, Nutrition Score:27.947391238549%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg, Isorhamnetin: 0.54mg Kaempferol: 4.97mg, Kaempferol: 4.97mg, Kaempferol: 4.97mg, Kaempferol: 4.97mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg, Quercetin: 7.6mg

Nutrients (% of daily need)

Calories: 348.81kcal (17.44%), Fat: 10.45g (16.07%), Saturated Fat: 6.29g (39.32%), Carbohydrates: 50.49g (16.83%), Net Carbohydrates: 47.29g (17.2%), Sugar: 7.52g (8.35%), Cholesterol: 31.95mg (10.65%), Sodium: 632.02mg (27.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.95g (27.89%), Vitamin K: 428.44µg (408.04%), Vitamin A: 7463.14IU (149.26%), Manganese: 1.38mg (69.08%), Folate: 181.03µg (45.26%), Vitamin C: 28.81mg (34.92%), Calcium: 338.22mg (33.82%), Selenium: 19.81µg (28.3%), Vitamin B2: 0.48mg (28.09%), Phosphorus: 274.01mg (27.4%), Magnesium: 97.3mg (24.33%), Potassium: 754.3mg (21.55%), Vitamin B6: 0.35mg (17.54%), Iron: 3.13mg (17.37%), Zinc: 2.14mg (14.26%), Vitamin B1: 0.19mg (12.84%), Fiber: 3.2g (12.8%), Vitamin E: 1.84mg (12.3%), Vitamin B12: 0.73µg (12.09%), Copper: 0.24mg (11.86%), Vitamin B5: 1.08mg (10.84%), Vitamin B3: 1.59mg (7.93%)