



Rice Gratin with Spinach and Leeks

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



138 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon basil dried
- ☐ 2 large eggs lightly beaten
- ☐ 2 teaspoons flour all-purpose
- ☐ 10 ounce pkt spinach frozen thawed drained chopped well
- ☐ 1 cup brown rice instant uncooked
- ☐ 1.3 cups leeks thinly sliced (2)
- ☐ 1 tablespoon butter light
- ☐ 1.7 cups milk 1% low-fat

- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 3 ounces swiss cheese shredded divided reduced-fat
- ☐ 1 cup water
- ☐ 1 ounce bread whole wheat

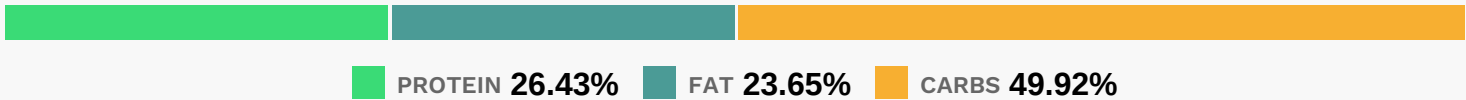
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Cook rice in 1 cup water according to package directions to yield 2 cups cooked rice.
- ☐ Preheat oven to 37
- ☐ Place bread in a food processor; pulse 10 times or until coarse crumbs measure 1/4 cup.
- ☐ Melt butter in a large nonstick skillet over medium heat.
- ☐ Add leek; saut 6 minutes.
- ☐ Sprinkle with flour; stir well.
- ☐ Add milk; increase heat to medium-high, and cook, stirring constantly, until mixture comes to a simmer. Reduce heat; simmer 1 minute, stirring constantly.
- ☐ Remove from heat; add rice, 1/2 cup cheese, and next 5 ingredients. Stir. Spoon into a 9-inch pie plate coated with cooking spray.
- ☐ Combine remaining cheese and breadcrumbs; sprinkle over gratin.
- ☐ Bake at 375 for 30 minutes or until set. Cool in dish 5 minutes on a wire rack.
- ☐ carbo rating: 27

Nutrition Facts



Properties

Glycemic Index:26.09, Glycemic Load:1.75, Inflammation Score:-10, Nutrition Score:18.847826045492%

Flavonoids

Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 137.51kcal (6.88%), Fat: 3.64g (5.6%), Saturated Fat: 1.69g (10.55%), Carbohydrates: 17.3g (5.77%), Net Carbohydrates: 15.55g (5.65%), Sugar: 3.56g (3.96%), Cholesterol: 54.53mg (18.18%), Sodium: 251.63mg (10.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.16g (18.32%), Vitamin K: 140.05µg (133.38%), Vitamin A: 4597.8IU (91.96%), Manganese: 0.52mg (26.04%), Folate: 99.97µg (24.99%), Calcium: 236.74mg (23.67%), Selenium: 13.59µg (19.42%), Phosphorus: 183.54mg (18.35%), Vitamin B2: 0.26mg (15.37%), Vitamin B1: 0.19mg (12.96%), Magnesium: 46.98mg (11.75%), Iron: 2.07mg (11.51%), Vitamin B12: 0.59µg (9.87%), Vitamin E: 1.36mg (9.09%), Vitamin B6: 0.17mg (8.74%), Zinc: 1.24mg (8.23%), Potassium: 270.91mg (7.74%), Fiber: 1.75g (6.99%), Vitamin B3: 1.25mg (6.27%), Copper: 0.11mg (5.74%), Vitamin D: 0.82µg (5.46%), Vitamin B5: 0.5mg (4.96%), Vitamin C: 3.62mg (4.39%)