



Rice Pie: Torta di Riso

READY IN



75 min.

SERVINGS



4

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup arborio rice
- ☐ 0.3 cup bread crumbs
- ☐ 2 tablespoons butter for greasing the pan cut into chunks, plus 1 tablespoon
- ☐ 1 eggs
- ☐ 0.5 cup flour
- ☐ 0.5 cup milk
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup parmigiano-reggiano grated
- ☐ 0.5 cup ricotta

☐ 4 servings salt and pepper black freshly ground

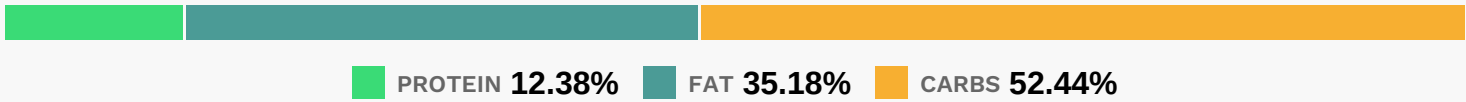
Equipment

- ☐ bowl
- ☐ oven
- ☐ cake form

Directions

- ☐ Preheat the oven to 450 degrees F.
- ☐ Bring 3 quarts of water to a boil and add 1 tablespoon salt.
- ☐ Add the rice and cook in the boiling water for 12 minutes, then strain, and place in a large bowl.
- ☐ Add the 2 tablespoons of butter, a bit at a time, then stir in the ricotta and Parmigiano-Reggiano. In a small bowl, beat 1 egg with the milk and stir it into the mixture. Season with salt and pepper, to taste.
- ☐ Butter a 10-inch cake pan with the remaining butter and dust it with the bread crumbs and a pinch of salt.
- ☐ Form a small mound of the flour on your work surface and make a well in the center.
- ☐ Pour the olive oil and remaining egg into the center of the well and beat to combine, then slowly begin to incorporate the flour to form a smooth, elastic dough.
- ☐ Roll the dough out into a 3-inch wide strip that will fit around the entire inside rim of the cake pan, acting as a "border". Fit the dough into the pan and fill the pan with the rice mixture.
- ☐ Bake in the oven for 40 minutes, then remove and allow to cool to room temperature before slicing and serving.

Nutrition Facts



Properties

Glycemic Index:82.75, Glycemic Load:40.79, Inflammation Score:-6, Nutrition Score:14.391304503316%

Nutrients (% of daily need)

Calories: 456.39kcal (22.82%), Fat: 17.61g (27.09%), Saturated Fat: 8.77g (54.79%), Carbohydrates: 59.07g (19.69%), Net Carbohydrates: 56.92g (20.7%), Sugar: 2.11g (2.34%), Cholesterol: 79.69mg (26.56%), Sodium: 248.7mg (10.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.95g (27.89%), Folate: 160.87µg (40.22%), Manganese: 0.71mg (35.36%), Selenium: 24.48µg (34.97%), Vitamin B1: 0.5mg (33.26%), Phosphorus: 222.29mg (22.23%), Calcium: 200.2mg (20.02%), Iron: 3.56mg (19.77%), Vitamin B2: 0.3mg (17.91%), Vitamin B3: 3.52mg (17.6%), Vitamin B5: 1.13mg (11.35%), Zinc: 1.56mg (10.42%), Vitamin A: 471.05IU (9.42%), Fiber: 2.15g (8.6%), Copper: 0.16mg (8.14%), Vitamin B12: 0.48µg (7.98%), Vitamin B6: 0.16mg (7.87%), Magnesium: 29.29mg (7.32%), Vitamin E: 0.86mg (5.74%), Potassium: 170.22mg (4.86%), Vitamin D: 0.65µg (4.32%), Vitamin K: 3.82µg (3.64%)