



Tabbouleh-Style Rice Cucumber Rounds



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



85 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 ounces asiago cheese finely grated
- ☐ 3 tablespoons capers drained
- ☐ 1 cup brown rice cooked
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 8 inch cucumber english 1 cucumber
- ☐ 0.3 cup flat-leaf parsley fresh finely chopped
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon juice of lemon fresh

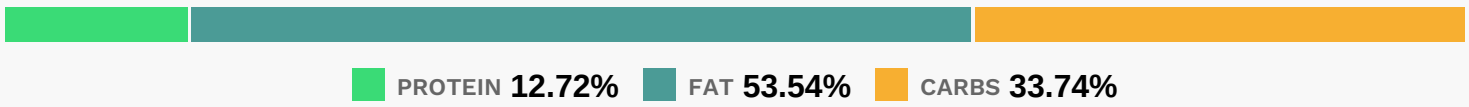
- ☐ 2 teaspoons lemon rind grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 tablespoon oregano fresh chopped
- ☐ 0.3 cup bottled roasted bell peppers red finely chopped
- ☐ 0.3 teaspoon salt

Equipment

Directions

- ☐ Combine first 12 ingredients; toss gently. Spoon 1 rounded tablespoon rice mixture onto each cucumber slice.

Nutrition Facts



Properties

Glycemic Index:18.27, Glycemic Load:2.9, Inflammation Score:-7, Nutrition Score:5.2121740035389%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 3.97mg, Kaempferol: 3.97mg, Kaempferol: 3.97mg, Kaempferol: 3.97mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg

Nutrients (% of daily need)

Calories: 85.12kcal (4.26%), Fat: 5.17g (7.96%), Saturated Fat: 1.42g (8.87%), Carbohydrates: 7.33g (2.44%), Net Carbohydrates: 6.32g (2.3%), Sugar: 0.22g (0.24%), Cholesterol: 3.61mg (1.2%), Sodium: 303.05mg (13.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.53%), Vitamin K: 38.03µg (36.22%), Manganese: 0.33mg (16.37%), Calcium: 83.67mg (8.37%), Vitamin C: 6.35mg (7.69%), Phosphorus: 60.91mg (6.09%), Vitamin A: 249.35IU (4.99%), Vitamin E: 0.69mg (4.58%), Magnesium: 17.91mg (4.48%), Fiber: 1.01g (4.05%), Iron: 0.66mg (3.64%), Vitamin B6: 0.07mg (3.53%), Copper: 0.05mg (2.48%), Zinc: 0.37mg (2.46%), Vitamin B1: 0.03mg (2.29%), Vitamin B3: 0.45mg (2.25%), Selenium: 1.4µg (2%), Vitamin B2: 0.03mg (1.99%), Folate: 7.72µg (1.93%), Potassium: 60.13mg (1.72%), Vitamin B5: 0.15mg (1.51%), Vitamin B12: 0.06µg (1.06%)