



Wild Mushroom and Rice Timbales

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



232 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 cup brown rice blend (such as Lundberg)
- ☐ 8 ounce pre button mushrooms
- ☐ 0.5 ounce porcini mushrooms dried chopped
- ☐ 4 teaspoons olive oil divided
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 1.5 cups portobello mushroom cap coarsely chopped (1 cap)
- ☐ 0.5 cup onion diced red

- ☐ 0.5 teaspoon salt divided
- ☐ 1 tablespoon thyme dried fresh chopped
- ☐ 1 cup water boiling
- ☐ 1.5 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ ramekin

Directions

- ☐ Place porcini mushrooms in a small bowl; cover with 1 cup boiling water.
- ☐ Let stand 20 minutes or until soft.
- ☐ Drain mushrooms in a sieve over a bowl, reserving liquid.
- ☐ Place reserved mushroom liquid, 1 1/2 cups water, rice, and 1/4 teaspoon salt in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 50 minutes or until rice is tender.
- ☐ While rice cooks, heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion; saut 2 minutes.
- ☐ Add remaining 2 teaspoons oil, 1/8 teaspoon salt, portobello mushrooms, and button mushrooms; cook 5 minutes or until mushrooms are tender and liquid mostly evaporates, stirring frequently. Stir in remaining 1/8 teaspoon salt, porcini mushrooms, and chopped thyme.
- ☐ Remove rice from heat; stir in mushroom mixture, cheese, and pepper.
- ☐ Coat 4 timbales or 4 (6-ounce) ramekins with cooking spray. Pack about 1 cup rice mixture into each timbale; invert onto plates.
- ☐ Garnish with thyme, if desired.

Nutrition Facts



Properties

Glycemic Index:55.44, Glycemic Load:16.21, Inflammation Score:-9, Nutrition Score:15.905217533526%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 232.24kcal (11.61%), Fat: 7.18g (11.05%), Saturated Fat: 1.98g (12.37%), Carbohydrates: 35.51g (11.84%), Net Carbohydrates: 32.29g (11.74%), Sugar: 2.91g (3.24%), Cholesterol: 4.82mg (1.61%), Sodium: 420.3mg (18.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.31g (16.62%), Manganese: 1.5mg (74.9%), Copper: 0.6mg (29.98%), Vitamin B3: 5.61mg (28.03%), Vitamin B5: 2.59mg (25.89%), Phosphorus: 245.1mg (24.51%), Vitamin B2: 0.37mg (21.62%), Selenium: 14.61µg (20.87%), Vitamin B6: 0.36mg (17.96%), Magnesium: 70.34mg (17.59%), Vitamin B1: 0.24mg (15.71%), Potassium: 495.67mg (14.16%), Fiber: 3.22g (12.89%), Calcium: 115.63mg (11.56%), Zinc: 1.73mg (11.56%), Folate: 36.67µg (9.17%), Iron: 1.53mg (8.49%), Vitamin C: 5.6mg (6.78%), Vitamin E: 0.61mg (4.06%), Vitamin A: 139.58IU (2.79%), Vitamin K: 2.81µg (2.68%), Vitamin D: 0.38µg (2.56%), Vitamin B12: 0.12µg (2.06%)