



Wild Rice and Brown Rice Cakes with Roasted Vegetable Ragù

READY IN



45 min.

SERVINGS



6

CALORIES



419 kcal

Ingredients

- ☐ 0.3 cup breadcrumbs plain dry
- ☐ 0.5 cup wine dry white
- ☐ 4 garlic clove minced
- ☐ 0.5 cup mozzarella cheese low-fat grated
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 cup onion chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1.3 cups short grain brown rice
- ☐ 6 servings savory vegetable

- ☐ 6 cups vegetable stock canned ()
- ☐ 0.3 cup rice wild

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ plastic wrap
- ☐ pie form

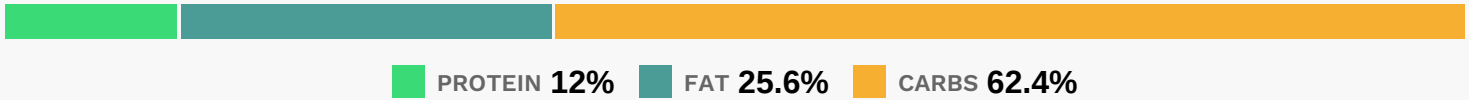
Directions

- ☐ Bring 6 cups broth to boil in large saucepan.
- ☐ Remove from heat; cover.
- ☐ Heat 1 tablespoon oil in heavy large saucepan over medium heat.
- ☐ Add onion; sauté until tender, about 12 minutes.
- ☐ Add garlic; stir 1 minute.
- ☐ Add brown rice and wild rice; stir 1 minute.
- ☐ Add wine; cook until absorbed, about 2 minutes. Stir in 2 cups warm broth; bring to boil. Reduce heat to medium-low; cover and simmer 15 minutes.
- ☐ Add 2 cups warm broth; bring to boil. Reduce heat to medium-low; cover and simmer 15 minutes, stirring often.
- ☐ Add 2 cups warm broth; bring to boil. Reduce heat; cover and simmer until rice is almost tender, stirring occasionally, about 20 minutes. Uncover; simmer until rice is tender and broth is absorbed, stirring often and adding broth by 1/4 cupfuls if rice is not tender, about 10 minutes longer. Stir in mozzarella; season with pepper. Cool to room temperature.
- ☐ Mix breadcrumbs and Parmesan in pie dish. Line baking sheet with plastic wrap. Using moistened hands, divide rice mixture into 6 equal portions; press each portion into 3 1/2-inch-diameter patty. Carefully turn each in breadcrumb mixture, coating both sides.
- ☐ Place on prepared baking sheet. Cover; chill at least 4 hours. (Can be made 1 day ahead. Keep chilled.)
- ☐ Heat 1 tablespoon oil in large nonstick skillet over medium heat.

- ☐
- Add 3 rice cakes to skillet; cook until heated through, about 4 minutes per side. Repeat with remaining 1 tablespoon oil and rice cakes.

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Nutrition Facts



Properties

Glycemic Index:46.13, Glycemic Load:28.46, Inflammation Score:-10, Nutrition Score:21.714347967635%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 419.49kcal (20.97%), Fat: 11.77g (18.1%), Saturated Fat: 2.98g (18.64%), Carbohydrates: 64.53g (21.51%), Net Carbohydrates: 58.07g (21.12%), Sugar: 4.04g (4.49%), Cholesterol: 9.6mg (3.2%), Sodium: 1162.33mg (50.54%), Alcohol: 2.06g (100%), Alcohol %: 0.57% (100%), Protein: 12.41g (24.81%), Manganese: 2.15mg (107.73%), Vitamin A: 5204.87IU (104.1%), Phosphorus: 303.44mg (30.34%), Magnesium: 112.48mg (28.12%), Fiber: 6.47g (25.87%), Vitamin B1: 0.38mg (25.53%), Vitamin B6: 0.43mg (21.62%), Vitamin B3: 4.13mg (20.65%), Calcium: 171.71mg (17.17%), Zinc: 2.45mg (16.36%), Vitamin C: 12.06mg (14.62%), Copper: 0.29mg (14.54%), Folate: 56.56µg (14.14%), Iron: 2.35mg (13.06%), Potassium: 438.48mg (12.53%), Vitamin B2: 0.2mg (11.7%), Vitamin B5: 1.02mg (10.15%), Selenium: 5.36µg (7.66%), Vitamin E: 1.13mg (7.51%), Vitamin K: 5.22µg (4.97%), Vitamin B12: 0.15µg (2.56%)