



Wild Rice Cakes with Bacon

READY IN



45 min.

SERVINGS



12

CALORIES



126 kcal

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup brown and rice blend wild uncooked
- ☐ 2 teaspoons butter
- ☐ 2 bacon crumbled cooked
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 0.5 cup flour all-purpose
- ☐ 2 teaspoons thyme leaves fresh
- ☐ 1 cup green onions thinly sliced

- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1.5 teaspoons salt
- ☐ 0.5 cup slivered almonds toasted

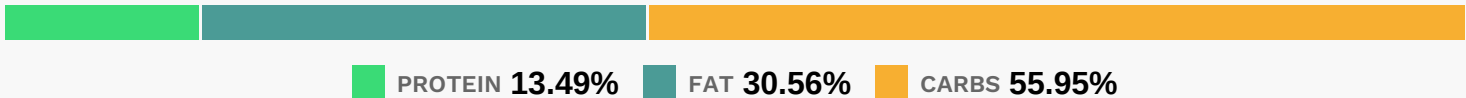
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Melt butter in a large saucepan over medium-high heat.
- ☐ Add rice; cook 1 minute, stirring constantly.
- ☐ Add salt and broth; bring to a boil. Cover, reduce heat, and simmer 40 minutes or until liquid is absorbed, and rice is tender.
- ☐ Drain any excess liquid. Cool slightly.
- ☐ Place egg and egg white in a large bowl; add flour and baking powder, stirring with a whisk.
- ☐ Add the rice, green onions, and next 4 ingredients (green onions through bacon), stirring with a rubber spatula until well blended.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat. Spoon 3 (1/4-cup) mounds rice mixture into skillet; flatten slightly with spatula. Cook 2 minutes on each side or until golden brown and thoroughly heated. Repeat procedure with remaining rice mixture.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.23, Glycemic Load:9.87, Inflammation Score:-5, Nutrition Score:7.2778261874033%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 126.44kcal (6.32%), Fat: 4.34g (6.68%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 17.89g (5.96%), Net Carbohydrates: 16.39g (5.96%), Sugar: 0.5g (0.56%), Cholesterol: 18.61mg (6.2%), Sodium: 484.02mg (21.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.63%), Manganese: 0.76mg (37.81%), Vitamin K: 17.34µg (16.51%), Magnesium: 39.78mg (9.94%), Phosphorus: 93.87mg (9.39%), Vitamin B1: 0.13mg (8.8%), Vitamin E: 1.27mg (8.47%), Vitamin B2: 0.13mg (7.86%), Vitamin B3: 1.53mg (7.67%), Selenium: 5.24µg (7.49%), Fiber: 1.51g (6.03%), Copper: 0.12mg (5.9%), Iron: 1.03mg (5.73%), Vitamin B6: 0.11mg (5.72%), Folate: 22.67µg (5.67%), Zinc: 0.64mg (4.26%), Vitamin B5: 0.41mg (4.13%), Calcium: 39.66mg (3.97%), Potassium: 133.55mg (3.82%), Vitamin A: 142.81IU (2.86%), Vitamin C: 2.26mg (2.74%), Vitamin B12: 0.12µg (2.03%)