

Greek Rice Gratin [vegetarian]

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-rice-with-tomato-sauce-recipe>

Ingredients:

- 1 9/16 pounds courgettes zucchini [1½ lb]
- 1 7/8 cups cherry tomatoes [10 oz]
- 3/4 cup rice [UK 5 oz / US 3/4 cup]
- 5 sun-dried tomatoes in oil
- 1 1/3 cups feta cheese [7oz]
- 4 5/8 ounces pitted black olives drained [4.5 oz]
- 3 eggs organic
- 7/8 cup double cream [UK 7 fl oz / US 1cup]
- 5 1/16 tablespoons semi-skimmed milk [UK 2.6 fl oz / US 1/3 cup]
- 1 onion
- 2 garlic cloves crushed
- olive oil
- 1 tablespoon fresh oregano finely chopped, or 1 tsp of dried oregano
- 2 tablespoons fresh basil finely chopped
- pepper
- salt

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 30 grams
3. Cholesterol: 285 milligrams
4. Fat: 42 grams
5. Fiber: 4 grams
6. Protein: 18 grams
7. SaturatedFat: 24 grams
8. Sodium: 860 milligrams
9. Sugar: 12 grams

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