



## Apricot, Wild Rice, and Bread Dressing

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



376 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup all-natural apricot nectar
- 0.5 cup brandy ( broth)
- 8 oz herbed bread-cube stuffing
- 0.3 cup butter
- 1.5 cups celery chopped
- 1 cup apricots dried chopped
- 1 teaspoon rubbed sage dried
- 2 teaspoons thyme leaves dried

- 3 cups fat-skimmed chicken broth
- 0.5 teaspoon ground nutmeg
- 1 cup onion chopped
- 0.5 teaspoon pepper
- 12 servings salt
- 2 cups walnuts chopped
- 1 cup rice long-grain white
- 0.5 cup rice wild

## Equipment

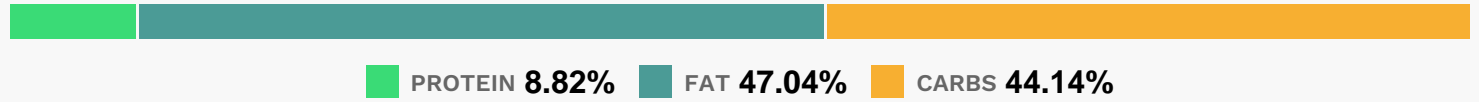
- frying pan
- oven
- baking pan

## Directions

- In a 2 1/2- to 3-quart pan over high heat, bring 1 1/2 quarts water to a boil. Rinse and drain wild rice and add to water. Return to a boil, cover, reduce heat, and simmer until rice begins to split, 40 to 45 minutes.
- Drain.
- Meanwhile, put nuts in a 10- by 15-inch baking pan.
- Bake in a 325 (if roasting turkey at that temperature) or 350 (if using a different oven than one for turkey) regular or convection oven until lightly browned, 15 to 20 minutes.
- In a 5- to 6-quart pan over medium-high heat, stir celery and onion in butter until onion is limp, 7 to 10 minutes.
- Add white rice and stir until edges turn opaque, 3 to 4 minutes.
- Add broth, apricot nectar, brandy, thyme, sage, nutmeg, and pepper. Bring to a boil, cover, reduce heat, and simmer until rice is tender to bite, 15 to 20 minutes. Stir in bread-cube stuffing, apricots, wild rice, and toasted nuts.
- Add salt and more pepper to taste. Cover and cook over low heat, stirring occasionally, until bread cubes are evenly moist, 7 to 12 minutes.

- Pour into a 3-quart casserole and cover tightly.
- Bake in a 325 (if roasting turkey at that temperature) or 350 (if using a different oven than one for turkey) regular or convection oven until dressing is hot in the center, 30 to 40 minutes. For a crustier top, uncover casserole for the last 15 to 20 minutes.
- Sprinkle with parsley, if desired.

## Nutrition Facts



### Properties

Glycemic Index:37.94, Glycemic Load:17.44, Inflammation Score:-8, Nutrition Score:13.067826115567%

### Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

### Nutrients (% of daily need)

Calories: 376.02kcal (18.8%), Fat: 19.18g (29.52%), Saturated Fat: 4.65g (29.09%), Carbohydrates: 40.5g (13.5%), Net Carbohydrates: 36.48g (13.27%), Sugar: 11.09g (12.32%), Cholesterol: 13.56mg (4.52%), Sodium: 571.08mg (24.83%), Alcohol: 3.34g (100%), Alcohol %: 2.2% (100%), Protein: 8.09g (16.19%), Manganese: 1.24mg (62.23%), Copper: 0.47mg (23.71%), Vitamin A: 893.14IU (17.86%), Phosphorus: 162.89mg (16.29%), Fiber: 4.02g (16.08%), Magnesium: 62.84mg (15.71%), Selenium: 10.59µg (15.13%), Vitamin B3: 2.67mg (13.35%), Folate: 52.43µg (13.11%), Vitamin B1: 0.19mg (12.78%), Iron: 2.17mg (12.05%), Vitamin B6: 0.24mg (11.77%), Potassium: 372.44mg (10.64%), Zinc: 1.49mg (9.91%), Vitamin C: 8.08mg (9.79%), Vitamin K: 9.51µg (9.06%), Vitamin B2: 0.14mg (8.19%), Calcium: 72.54mg (7.25%), Vitamin B5: 0.69mg (6.94%), Vitamin E: 1mg (6.64%), Vitamin B12: 0.12µg (2.07%)