



Dirty Rice Dressing

READY IN



150 min.

SERVINGS



8

CALORIES



683 kcal

SIDE DISH

Ingredients

- ☐ 1 bell pepper chopped
- ☐ 1 pound diestel breakfast sausage
- ☐ 0.8 stick butter
- ☐ 5 stalks celery with leaves, chopped
- ☐ 2 tablespoons chicken soup base
- ☐ 1 pound chicken livers
- ☐ 2 large eggplant diced
- ☐ 1 cup green onion tops chopped
- ☐ 1 pound ground beef

- ☐ 2 cups rice long grain uncooked
- ☐ 1 medium onion chopped
- ☐ 8 servings cajun seasoning mix

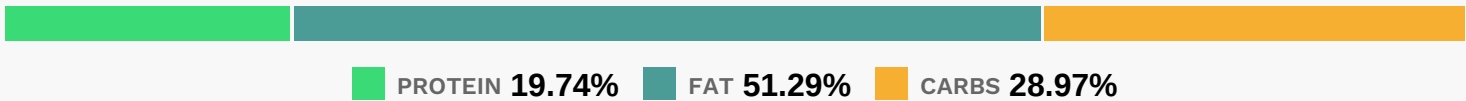
Equipment

- ☐ food processor
- ☐ pot

Directions

- ☐ Begin by putting the chicken livers into boiling water and cook until tender.
- ☐ Remove from the water and put in a food processor and process to a pate-like texture. Set aside.
- ☐ In a separate pot, add the bouillon granules to boiling water, and then add the eggplant. Reduce the heat to medium and cook until tender, about 10 minutes.
- ☐ Brown the meat in a lightly greased, heavy cast-iron pot.
- ☐ Pour off the excess grease.
- ☐ Remove the meat and melt the butter.
- ☐ Add the celery, onions and bell peppers and saute until tender.
- ☐ Add back the chicken livers, meat mixture and cooked eggplant.
- ☐ Add Cajun seasoning to taste. Slowly simmer for 1 1/2 hours.
- ☐ Meanwhile, cook the rice according to package directions and add to the dressing a bit at a time until you achieve the balance that you like of rice to dressing mix. At the very end, add the chopped green onion tops. Simmer for a few minutes longer.

Nutrition Facts



Properties

Glycemic Index:38.4, Glycemic Load:24.08, Inflammation Score:-10, Nutrition Score:45.13826084137%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.71mg, Apigenin: 0.71mg, Apigenin: 0.71mg, Apigenin: 0.71mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 683.09kcal (34.15%), Fat: 38.78g (59.66%), Saturated Fat: 15.91g (99.41%), Carbohydrates: 49.28g (16.43%), Net Carbohydrates: 43.27g (15.73%), Sugar: 6.36g (7.07%), Cholesterol: 299.63mg (99.88%), Sodium: 834.51mg (36.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.59g (67.17%), Vitamin B12: 11.12µg (185.3%), Vitamin A: 8302.71IU (166.05%), Folate: 394.97µg (98.74%), Vitamin B2: 1.3mg (76.49%), Selenium: 47.63µg (68.04%), Vitamin B3: 12.61mg (63.03%), Vitamin B6: 1.14mg (57.13%), Vitamin B5: 5.19mg (51.94%), Manganese: 1.04mg (51.79%), Iron: 8.23mg (45.7%), Phosphorus: 444.57mg (44.46%), Vitamin C: 36.28mg (43.97%), Zinc: 6.04mg (40.27%), Vitamin K: 41.63µg (39.65%), Vitamin B1: 0.47mg (31.01%), Copper: 0.59mg (29.34%), Potassium: 942.47mg (26.93%), Fiber: 6.01g (24.02%), Magnesium: 68.82mg (17.21%), Vitamin E: 2.34mg (15.59%), Calcium: 75.76mg (7.58%), Vitamin D: 0.79µg (5.29%)