



Fruited Wild Rice Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



308 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 4 rib celery chopped
- ☐ 1 cup chicken broth
- ☐ 1 cup apricots dried coarsely chopped
- ☐ 0.8 cup cherries dried
- ☐ 1 pound sausage meat
- ☐ 2 small onions chopped
- ☐ 0.5 cup parsley fresh italian chopped

- ☐ 0.5 teaspoon pepper
- ☐ 6 ounce rice mix long-grain wild
- ☐ 0.5 teaspoon salt

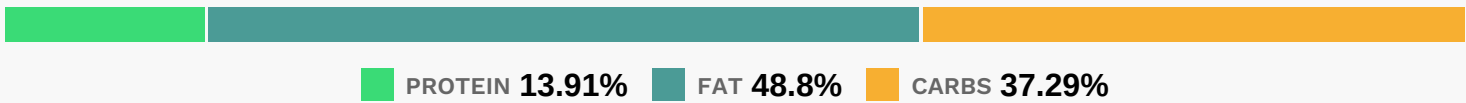
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Prepare rice mix according to package directions.
- ☐ Transfer to a large bowl, and fluff with a fork. Set aside.
- ☐ Place bread cubes on a large-rimmed pan and toast at 325 for 20 minutes or until dry. Set aside.
- ☐ Cook sausage in a large skillet over medium heat, stirring until it crumbles and is well browned; drain.
- ☐ Saut onion and celery in butter in a large skillet over medium heat until tender.
- ☐ Combine rice, bread, sausage, sauted vegetables, dried fruit, parsley, salt, and pepper in a large bowl; toss well.
- ☐ Drizzle broth evenly over dressing. Toss well.
- ☐ Transfer dressing to a lightly greased 3-quart baking dish.
- ☐ Bake, covered, at 375 for 20 minutes. Uncover and bake 25 to 30 more minutes or until browned.

Nutrition Facts



Properties

Glycemic Index:29.04, Glycemic Load:9.28, Inflammation Score:-7, Nutrition Score:11.313478205515%

Flavonoids

Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 307.94kcal (15.4%), Fat: 16.98g (26.12%), Saturated Fat: 6.95g (43.44%), Carbohydrates: 29.19g (9.73%), Net Carbohydrates: 25.96g (9.44%), Sugar: 12.8g (14.23%), Cholesterol: 45.33mg (15.11%), Sodium: 534.96mg (23.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.89g (21.78%), Vitamin K: 50.84µg (48.42%), Vitamin A: 1226.13IU (24.52%), Vitamin B3: 3.73mg (18.64%), Manganese: 0.31mg (15.3%), Phosphorus: 152.47mg (15.25%), Zinc: 2.13mg (14.19%), Fiber: 3.23g (12.91%), Vitamin B6: 0.24mg (12.21%), Magnesium: 44.08mg (11.02%), Potassium: 380.97mg (10.88%), Vitamin B1: 0.16mg (10.71%), Copper: 0.18mg (8.93%), Iron: 1.57mg (8.75%), Vitamin B2: 0.13mg (7.79%), Vitamin B12: 0.4µg (6.67%), Vitamin C: 5.49mg (6.65%), Vitamin E: 0.96mg (6.38%), Folate: 25.46µg (6.37%), Vitamin B5: 0.59mg (5.94%), Vitamin D: 0.59µg (3.93%), Calcium: 33.32mg (3.33%), Selenium: 0.99µg (1.42%)