



Rice Dressing

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



15

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 cups bean sprouts
- 16 ounce water chestnuts drained canned
- 2 cups celery diced
- 4 cups rice cooked
- 1 pound mushrooms fresh sliced
- 2 cups onion chopped
- 2 teaspoons poultry seasoning
- 1 teaspoon sage

1 pound turkey sausage links italian

Equipment

frying pan

cheesecloth

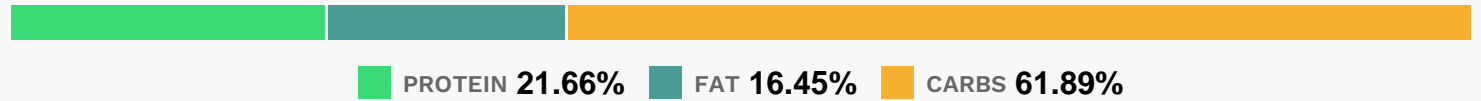
Directions

Place sausage and onion in a large, deep skillet. Cook over medium high heat until sausage is cooked and onions are translucent.

Mix in the rice, celery, sprouts, mushrooms, water chestnuts, poultry seasoning and sage. Cook until all ingredients are warmed through.

Place dressing in a cheese cloth large enough to hold enough stuffing to fit inside turkey cavity. Any remaining dressing may be put in cheese cloth and set along side turkey while baking so as to absorb turkey drippings.

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:13.47, Inflammation Score:-4, Nutrition Score:13.064782563759%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 160.86kcal (8.04%), Fat: 3.06g (4.72%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 25.95g (8.65%), Net Carbohydrates: 22.41g (8.15%), Sugar: 6.13g (6.81%), Cholesterol: 16.03mg (5.34%), Sodium: 301.22mg (13.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.08g (18.16%), Copper: 0.72mg (35.82%), Vitamin C: 19.78mg (23.98%), Iron: 4.24mg (23.53%), Vitamin K: 24.57µg (23.4%), Manganese: 0.46mg (22.95%), Selenium: 13.53µg (19.33%), Vitamin B6: 0.35mg (17.44%), Vitamin B2: 0.27mg (16.1%), Vitamin B3: 3.03mg (15.16%), Phosphorus: 149.01mg (14.9%), Fiber: 3.54g (14.15%), Folate: 54.65µg (13.66%), Vitamin B5: 1.2mg (11.95%), Potassium: 377.32mg

(10.78%), Zinc: 1.48mg (9.86%), Magnesium: 33.84mg (8.46%), Vitamin B1: 0.12mg (7.99%), Calcium: 34.32mg (3.43%), Vitamin A: 123.1IU (2.46%), Vitamin E: 0.36mg (2.37%), Vitamin B12: 0.14µg (2.37%)