



Rice Dressing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 rib celery chopped
- ☐ 6 cups chicken broth
- ☐ 1 cup chicken giblets
- ☐ 1 teaspoon sage dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 3 garlic cloves chopped
- ☐ 1.5 pounds sausage meat
- ☐ 1 teaspoon hot sauce

- ☐ 1 large onion chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1 bell pepper red chopped
- ☐ 3 cups rice long-grain uncooked
- ☐ 1.5 teaspoons salt
- ☐ 0.5 cup water

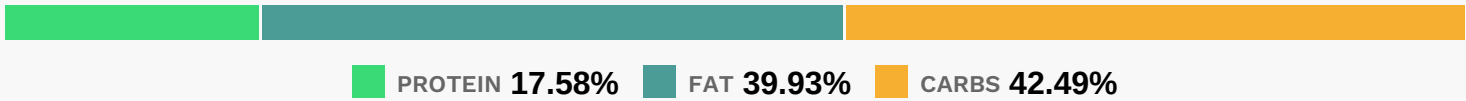
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook chicken broth and rice in a saucepan over medium heat 30 minutes or until broth is absorbed and rice is tender. Set aside.
- ☐ Combine giblets and 1/2 cup water in a saucepan; bring to a boil, and cook 3 to 4 minutes.
- ☐ Drain and chop.
- ☐ Cook sausage in a large skillet over medium-high heat, stirring until it crumbles and is no longer pink.
- ☐ Remove sausage, and drain, reserving 2 tablespoons drippings in skillet. Set sausage aside.
- ☐ Saut chopped garlic and next 3 ingredients in hot drippings 7 minutes or until tender.
- ☐ Stir together rice, giblets, sausage, vegetables, salt, and remaining ingredients. Spoon mixture into a 2-quart baking dish.
- ☐ Bake dressing at 375 for 10 to 12 minutes.

Nutrition Facts



Properties

Glycemic Index:20.18, Glycemic Load:22.72, Inflammation Score:-9, Nutrition Score:15.894782657209%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 382.49kcal (19.12%), Fat: 16.65g (25.61%), Saturated Fat: 5.41g (33.78%), Carbohydrates: 39.85g (13.28%), Net Carbohydrates: 38.76g (14.09%), Sugar: 1.52g (1.69%), Cholesterol: 89.7mg (29.9%), Sodium: 1115.23mg (48.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.49g (32.97%), Vitamin A: 2252.21IU (45.04%), Vitamin B12: 2.36µg (39.31%), Manganese: 0.64mg (32.2%), Selenium: 18.31µg (26.15%), Vitamin B3: 5.01mg (25.06%), Vitamin C: 17.13mg (20.76%), Vitamin B2: 0.34mg (19.76%), Vitamin B6: 0.38mg (18.75%), Phosphorus: 178.44mg (17.84%), Zinc: 2.55mg (16.99%), Folate: 65.99µg (16.5%), Vitamin B1: 0.24mg (16.14%), Vitamin B5: 1.44mg (14.45%), Iron: 2.35mg (13.03%), Copper: 0.21mg (10.62%), Potassium: 304.74mg (8.71%), Magnesium: 27.16mg (6.79%), Vitamin D: 0.74µg (4.91%), Fiber: 1.1g (4.39%), Calcium: 32.3mg (3.23%), Vitamin E: 0.37mg (2.49%), Vitamin K: 2.59µg (2.46%)