



Rice Stuffing with Apples, Herbs, and Bacon

 Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



304 kcal

SIDE DISH

Ingredients

- ☐ 1 cup apples diced unpeeled
- ☐ 0.3 pound bacon
- ☐ 3 cups celery diced
- ☐ 1.8 cups currants
- ☐ 0.5 ounce apricots dried
- ☐ 0.8 cup cherries dried
- ☐ 0.8 cup cranberries dried
- ☐ 6 tablespoons herbs mixed dried

- ☐ 0.5 cup flat parsley italian chopped
- ☐ 1.5 cups chicken broth low fat, low sodium
- ☐ 3 cups onions diced
- ☐ 1 tablespoon water
- ☐ 1 cup rice long-grain white uncooked
- ☐ 1 cup rice wild uncooked

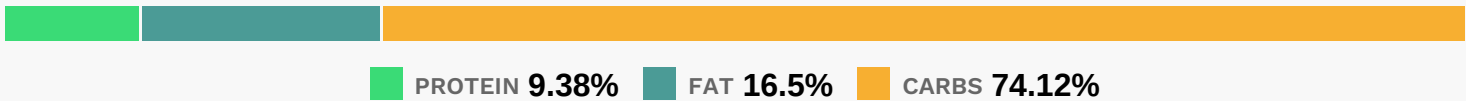
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a medium saucepan over medium heat, bring 1 1/2 cups water and the chicken broth to a boil. Stir in wild rice. Cover, reduce heat, and simmer 45 minutes.
- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Reserving drippings, drain bacon, crumble, and set aside.
- ☐ In the skillet with the reserved bacon drippings, saute onions and celery with 1 tablespoon water. Cook until very soft, about 20 minutes.
- ☐ Stir remaining water, white rice, currants, cherries, cranberries, apricots, and apples into the wild rice. Continue cooking 20 minutes, or until wild rice and white rice are tender.
- ☐ In a large bowl, mix the bacon and the onion mixture into the rice mixture. Season with the Italian parsley and dried mixed herbs.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:17.92, Inflammation Score:-7, Nutrition Score:14.441739138054%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Apigenin: 6.11mg, Apigenin: 6.11mg, Apigenin: 6.11mg, Apigenin: 6.11mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 8.98mg, Quercetin: 8.98mg, Quercetin: 8.98mg, Quercetin: 8.98mg

Nutrients (% of daily need)

Calories: 303.67kcal (15.18%), Fat: 5.83g (8.97%), Saturated Fat: 1.89g (11.81%), Carbohydrates: 58.9g (19.63%), Net Carbohydrates: 53.59g (19.49%), Sugar: 26.7g (29.67%), Cholesterol: 8.32mg (2.77%), Sodium: 129.17mg (5.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.9%), Vitamin K: 84.65µg (80.62%), Manganese: 0.71mg (35.51%), Iron: 3.85mg (21.39%), Fiber: 5.31g (21.23%), Phosphorus: 148.97mg (14.9%), Vitamin A: 740.43IU (14.81%), Vitamin B3: 2.74mg (13.68%), Potassium: 470.89mg (13.45%), Vitamin B6: 0.26mg (13.24%), Magnesium: 50.46mg (12.62%), Copper: 0.24mg (12.19%), Vitamin C: 9.56mg (11.59%), Folate: 42.4µg (10.6%), Zinc: 1.49mg (9.91%), Calcium: 96.77mg (9.68%), Vitamin B1: 0.13mg (8.9%), Selenium: 5.85µg (8.35%), Vitamin B2: 0.13mg (7.81%), Vitamin B5: 0.53mg (5.29%), Vitamin E: 0.68mg (4.51%), Vitamin B12: 0.09µg (1.54%)