



Sausage-and-Wild Rice Casserole

 Gluten Free

READY IN



50 min.

SERVINGS



10

CALORIES



329 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 cup celery chopped
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 1 lb sage ground pork sausage
- ☐ 3.5 cups chicken broth low-sodium
- ☐ 1 large onion chopped
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 teaspoon pepper freshly ground

- ☐ 12 oz rice mix long-grain wild
- ☐ 1 tablespoon tsp. rubbed sage dried fresh chopped

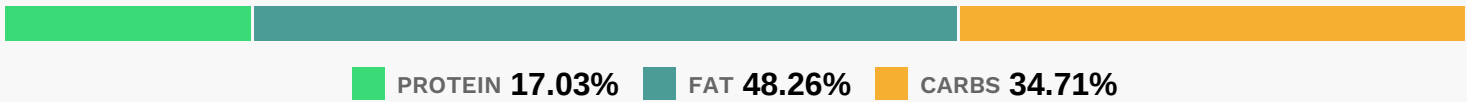
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Heat 1/2 cup chopped pecans in a large nonstick skillet over medium-low heat, stirring often, 5 minutes or until toasted.
- ☐ Remove toasted pecans from skillet.
- ☐ Brown sausage in same skillet over medium-high heat, stirring often, 10 minutes or until meat crumbles and is no longer pink.
- ☐ Remove sausage from skillet using a slotted spoon; reserve drippings in skillet.
- ☐ Melt butter in hot drippings over medium heat.
- ☐ Add onion and celery, and saut 10 to 15 minutes or until celery is tender.
- ☐ Remove 1 seasoning packet from rice mixes; reserve for another use.
- ☐ Combine sausage, vegetable mixture, remaining seasoning packet, rice, and next 3 ingredients in a lightly greased 13- x 9-inch baking dish. Stir in chicken broth until well blended.
- ☐ Bake, covered, at 325 for 1 hour or until liquid is almost absorbed.
- ☐ Let stand 5 minutes.
- ☐ Sprinkle chopped pecans on top.

Nutrition Facts



Properties

Glycemic Index:26.7, Glycemic Load:13.49, Inflammation Score:-5, Nutrition Score:12.65304333749%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Apigenin: 2.01mg, Apigenin: 2.01mg, Apigenin: 2.01mg, Apigenin: 2.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 328.84kcal (16.44%), Fat: 18.02g (27.73%), Saturated Fat: 5.27g (32.96%), Carbohydrates: 29.17g (9.72%), Net Carbohydrates: 25.99g (9.45%), Sugar: 1.96g (2.17%), Cholesterol: 35.67mg (11.89%), Sodium: 333.82mg (14.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.31g (28.62%), Manganese: 0.75mg (37.48%), Vitamin B3: 5.69mg (28.46%), Phosphorus: 256.33mg (25.63%), Zinc: 3.4mg (22.67%), Vitamin K: 20.85µg (19.86%), Magnesium: 78.05mg (19.51%), Copper: 0.33mg (16.46%), Vitamin B6: 0.32mg (16.17%), Vitamin B1: 0.21mg (14.08%), Fiber: 3.18g (12.73%), Potassium: 407.53mg (11.64%), Vitamin B2: 0.19mg (11.07%), Folate: 42.28µg (10.57%), Iron: 1.65mg (9.16%), Vitamin B12: 0.47µg (7.84%), Vitamin B5: 0.77mg (7.66%), Vitamin A: 203.91IU (4.08%), Vitamin D: 0.59µg (3.93%), Vitamin C: 2.93mg (3.55%), Vitamin E: 0.53mg (3.51%), Calcium: 31.02mg (3.1%), Selenium: 1.3µg (1.86%)