



Sausage and Wild Rice Stuffing

 Vegetarian  Vegan  Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



259 kcal

SIDE DISH

Ingredients

- 0.5 cup bread crumbs dried
- 0.5 cup celery diced
- 1.3 cups cranberries dried
- 0.5 cup onions diced
- 1 cup orange juice
- 12 ounce rice mix long grain wild

Equipment

- bowl

- sauce pan
- oven
- baking pan

Directions

- In small bowl, combine orange juice and cranberries. Set aside. Prepare rice mixes according to package directions. While rice is cooking, in large saucepan, crumble and cook sausage, onions and celery over medium heat until sausage is browned. Stir in cooked rice, orange juice and cranberries and bread crumbs. Spoon into a greased 9 inch x 13 inch baking pan. Cover and bake at 400 degrees F for 20 minutes. May be placed in turkey or chicken.

Nutrition Facts

PROTEIN 6.64% **FAT 3.2%** **CARBS 90.16%**

Properties

Glycemic Index:21.52, Glycemic Load:22.34, Inflammation Score:-3, Nutrition Score:6.656521729801%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 259.04kcal (12.95%), Fat: 0.93g (1.43%), Saturated Fat: 0.19g (1.18%), Carbohydrates: 58.88g (19.63%), Net Carbohydrates: 56.69g (20.61%), Sugar: 17.33g (19.26%), Cholesterol: 0mg (0%), Sodium: 58.24mg (2.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.67%), Manganese: 0.6mg (29.93%), Vitamin C: 16.47mg (19.97%), Selenium: 8.34µg (11.92%), Fiber: 2.19g (8.77%), Vitamin B1: 0.13mg (8.76%), Phosphorus: 71.24mg (7.12%), Copper: 0.14mg (7.12%), Vitamin B3: 1.39mg (6.94%), Folate: 24.1µg (6.02%), Vitamin B5: 0.6mg (5.96%), Vitamin B6: 0.11mg (5.71%), Magnesium: 19.4mg (4.85%), Potassium: 164.43mg (4.7%), Iron: 0.84mg (4.64%), Zinc: 0.62mg (4.14%), Vitamin B2: 0.07mg (4.06%), Vitamin K: 3.85µg (3.66%), Calcium: 34.2mg (3.42%), Vitamin E: 0.48mg (3.21%), Vitamin A: 90.54IU (1.81%)