



WHATSheATE



## Slow-Cooker Sourdough and Wild Rice Stuffing

 Dairy Free

READY IN



495 min.

SERVINGS



12

CALORIES



121 kcal

SIDE DISH

### Ingredients

- ☐ 8 cups sourdough bread cubed
- ☐ 3 cups chicken broth (from 32-oz carton)
- ☐ 0.5 cup rice wild uncooked
- ☐ 0.3 cup the following: parmesan rind) dried
- ☐ 1.5 cups celery stalks chopped
- ☐ 0.5 cup onion chopped
- ☐ 0.3 cup parsley fresh chopped

- ☐ 0.3 cup butter melted
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 0.5 teaspoon ground sage
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.8 cup chicken broth

## Equipment

- ☐ oven
- ☐ baking pan
- ☐ roasting pan
- ☐ slow cooker

## Directions

- ☐ Heat oven to 300°F.
- ☐ Spread bread cubes in single layer in large roasting pan or baking pan.
- ☐ Bake 10 to 15 minutes or until lightly toasted; set aside.
- ☐ Place 3 cups broth, the wild rice and mushrooms in 4- or 5-quart slow cooker. Cover and cook on high heat setting 3 hours.
- ☐ Add remaining ingredients except 3/4 cup broth to wild rice mixture.
- ☐ Add bread cubes.
- ☐ Pour 3/4 cup broth over bread mixture; toss gently. Cover and cook on low heat setting 4 hours to 4 hours 30 minutes. Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer's directions for layering ingredients and choosing a temperature.

## Nutrition Facts



 **PROTEIN 12.37%**  **FAT 33.1%**  **CARBS 54.53%**

Properties

Glycemic Index:25.38, Glycemic Load:10.25, Inflammation Score:-5, Nutrition Score:6.4273912602145%

Flavonoids

Apigenin: 3.06mg, Apigenin: 3.06mg, Apigenin: 3.06mg, Apigenin: 3.06mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 120.65kcal (6.03%), Fat: 4.54g (6.98%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 16.82g (5.61%), Net Carbohydrates: 15.48g (5.63%), Sugar: 1.83g (2.03%), Cholesterol: 1.47mg (0.49%), Sodium: 538.04mg (23.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.63%), Vitamin K: 26.05µg (24.81%), Manganese: 0.27mg (13.48%), Vitamin B1: 0.17mg (11.03%), Folate: 38.67µg (9.67%), Vitamin B2: 0.16mg (9.66%), Selenium: 6.27µg (8.95%), Vitamin B3: 1.69mg (8.46%), Vitamin A: 343.03IU (6.86%), Iron: 1.15mg (6.4%), Copper: 0.13mg (6.34%), Phosphorus: 60.94mg (6.09%), Magnesium: 23.31mg (5.83%), Fiber: 1.34g (5.35%), Zinc: 0.75mg (5.02%), Potassium: 130.75mg (3.74%), Vitamin B6: 0.07mg (3.72%), Vitamin B5: 0.36mg (3.61%), Vitamin C: 2.85mg (3.46%), Calcium: 26.71mg (2.67%), Vitamin E: 0.32mg (2.16%)