



WHATSheATE



Slow-Cooker Wild Rice and Mushroom Stuffing



Vegetarian



Gluten Free

READY IN



180 min.

SERVINGS



8

CALORIES



171 kcal

SIDE DISH

Ingredients

- ☐ 3 ribs celery sliced
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon sage fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 5.5 cups chicken broth low-sodium
- ☐ 1 pound mushrooms diced such as cremini, shiitake and oyster, assorted
- ☐ 1 large onion diced finely

- ☐ 8 servings salt and pepper
- ☐ 4 tablespoons butter unsalted
- ☐ 1 cup rice wild

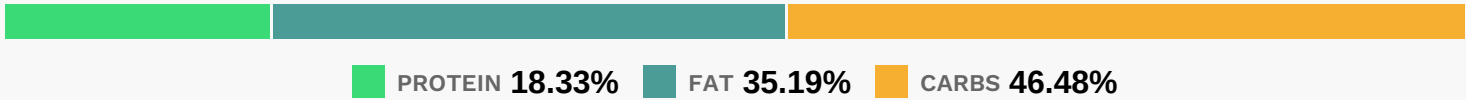
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ slow cooker

Directions

- ☐ Preheat oven to 350F.
- ☐ Spread bread cubes in a single layer on a large baking sheet.
- ☐ Bake until dry and golden, 15 to 20 minutes. Cool.
- ☐ In a large pan over medium heat, bring 4 cups of broth to a boil.
- ☐ Add 1 tsp. each salt and pepper and wild rice, stir well, cover, reduce heat and simmer for 60 minutes.
- ☐ Drain off any excess liquid.
- ☐ In a skillet, melt butter over medium heat. Cook onion and celery, stirring often, until tender, about 8 minutes. Raise heat to medium-high, add mushrooms and cook, stirring often, until liquid evaporates, about 6 minutes. Stir in herbs, 1 tsp. salt and 1/4 tsp. pepper.
- ☐ Mist inside of slow cooker with cooking spray.
- ☐ Add wild rice, mushroom mixture, bread and remaining 1 1/2 cups chicken broth; stir well. Cover and cook on high for 2 hours.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:8.59, Inflammation Score:-7, Nutrition Score:14.083043492359%

Flavonoids

Apigenin: 1.52mg, Apigenin: 1.52mg, Apigenin: 1.52mg, Apigenin: 1.52mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 171.4kcal (8.57%), Fat: 7.15g (11.01%), Saturated Fat: 3.98g (24.9%), Carbohydrates: 21.26g (7.09%), Net Carbohydrates: 18.75g (6.82%), Sugar: 2.84g (3.15%), Cholesterol: 15.05mg (5.02%), Sodium: 260.58mg (11.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.39g (16.77%), Copper: 2.66mg (132.93%), Vitamin B3: 5.7mg (28.52%), Manganese: 0.42mg (20.84%), Vitamin B2: 0.35mg (20.52%), Phosphorus: 195.85mg (19.59%), Potassium: 482.35mg (13.78%), Vitamin K: 13.54µg (12.9%), Magnesium: 48.12mg (12.03%), Zinc: 1.74mg (11.57%), Vitamin B5: 1.14mg (11.35%), Fiber: 2.51g (10.02%), Folate: 38.8µg (9.7%), Vitamin B6: 0.19mg (9.47%), Selenium: 6.06µg (8.65%), Iron: 1.29mg (7.17%), Vitamin A: 312.33IU (6.25%), Vitamin B1: 0.08mg (5.6%), Vitamin C: 4.51mg (5.47%), Vitamin B12: 0.2µg (3.28%), Calcium: 32.14mg (3.21%), Vitamin E: 0.38mg (2.53%), Vitamin D: 0.22µg (1.46%)