

Mahatma[®]

CAROLINA[®]



Southern Rice Dressing

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large bell pepper chopped
- 3 cups broth from gizzards and livers
- 0.5 cup brown roux dark
- 4 stalks celery chopped
- 0.8 pound chicken gizzards boiled
- 0.8 pound chicken livers boiled
- 0.5 cup green onion chopped
- 0.8 pound sausage meat

- 1 large onion chopped
- 0.5 cup parsley chopped
- 8 servings salt to taste
- 1 cup rice white mahatma® carolina®

Equipment

- frying pan

Directions

- * May be purchased in spice section of your grocery store. Prepare rice according to package directions. Set aside. While rice is cooking, brown sausage in large heavy skillet; add onions, celery, and bell pepper and cook until onions are transparent.
- Add gizzards and livers and continue to cook for 10 minutes.
- Add broth, roux, salt and peppers and continue to cook over medium heat for 30 minutes. Fold in cooked rice.
- Add green onions and parsley, stir gently.

Nutrition Facts



■ PROTEIN **29.59%**
■ FAT **38.13%**
■ CARBS **32.28%**

Properties

Glycemic Index:47.49, Glycemic Load:17.76, Inflammation Score:-9, Nutrition Score:23.191304165384%

Flavonoids

Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

Nutrients (% of daily need)

Calories: 428.44kcal (21.42%), Fat: 17.89g (27.53%), Saturated Fat: 5.49g (34.29%), Carbohydrates: 34.07g (11.36%), Net Carbohydrates: 31.47g (11.44%), Sugar: 3.09g (3.43%), Cholesterol: 94.4mg (31.47%), Sodium: 709.64mg (30.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.24g (62.48%), Vitamin K: 83.18µg (79.22%), Vitamin

B3: 10.13mg (50.63%), Vitamin A: 2196.91IU (43.94%), Vitamin C: 36.24mg (43.92%), Manganese: 0.84mg (41.82%), Vitamin B6: 0.73mg (36.52%), Selenium: 24.83µg (35.46%), Phosphorus: 304.56mg (30.46%), Zinc: 2.93mg (19.54%), Vitamin B1: 0.27mg (18.13%), Vitamin B5: 1.68mg (16.81%), Potassium: 559.58mg (15.99%), Vitamin B2: 0.25mg (14.96%), Magnesium: 59.28mg (14.82%), Iron: 2.55mg (14.16%), Fiber: 2.6g (10.42%), Folate: 40.92µg (10.23%), Vitamin B12: 0.61µg (10.13%), Copper: 0.2mg (9.82%), Vitamin E: 1.15mg (7.65%), Calcium: 50.81mg (5.08%), Vitamin D: 0.55µg (3.69%)