



Sticky Rice with Chinese Sausage



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



8

CALORIES



557 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups bottled chestnuts whole cooked peeled drained coarsely chopped (from a 14- to 15-oz jar)
- ☐ 0.3 cup medium-dry sherry chinese
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 cups chicken broth reduced-sodium
- ☐ 2 tablespoons oyster sauce
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 1 teaspoon salt
- ☐ 5 sausages chinese (6 to 8 oz total)

- ☐ 0.5 cup scallion white green thinly sliced (and pale parts only; from 1 bunch)
- ☐ 8 servings garnish: scallion greens thinly sliced
- ☐ 2 teaspoons asian sesame oil
- ☐ 1.5 oz mushroom caps dried black chinese
- ☐ 3 cups japanese short-grain sticky rice chinese ("sweet")
- ☐ 3 tablespoons soya sauce
- ☐ 0.5 teaspoon pepper white

Equipment

- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ wok

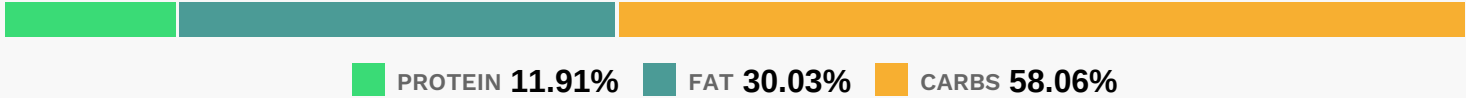
Directions

- ☐ Cover rice with cold water by 1 inch in a large bowl and soak at least 2 hours.
- ☐ Drain in a sieve and rinse well under cold running water.
- ☐ Soak mushrooms in warm water 30 minutes, then drain, squeezing excess liquid back into bowl, and discard liquid. Rinse mushrooms to remove any grit, then discard stems and coarsely chop caps. 3Quarter sausages lengthwise and cut into 1/2-inch pieces.
- ☐ Heat a wok over high heat until just smoking.
- ☐ Add peanut oil and heat, swirling in wok, until just smoking.
- ☐ Add ginger and scallion and stir-fry 30 seconds.
- ☐ Add sausage and stir-fry 1 minute, then add mushrooms and stir-fry 1 minute.
- ☐ Add chestnuts and stir-fry 1 minute. Stir in rice wine, soy sauce, oyster sauce, sesame oil, salt, and white pepper and remove from heat.
- ☐ Add drained rice and stir to coat.
- ☐ Transfer mixture to a 4- to 6-quart heavy pot and add broth (broth will not completely cover rice). Bring to a simmer, stir once, then reduce heat to low. Cover and cook 25 minutes more, then remove from heat. Stir from bottom to distribute ingredients and let stand, covered, 10

minutes before serving.

 *Available at Asian markets and Kam Man Food Products (212-571-0330).

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:53.61, Inflammation Score:-7, Nutrition Score:20.249130404514%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 556.77kcal (27.84%), Fat: 18.03g (27.73%), Saturated Fat: 5.41g (33.78%), Carbohydrates: 78.43g (26.14%), Net Carbohydrates: 75.28g (27.37%), Sugar: 0.61g (0.68%), Cholesterol: 38.25mg (12.75%), Sodium: 1150.42mg (50.02%), Alcohol: 1.61g (100%), Alcohol %: 0.79% (100%), Protein: 16.09g (32.18%), Folate: 207.84µg (51.96%), Manganese: 1mg (49.84%), Vitamin B1: 0.64mg (42.39%), Vitamin B3: 7.84mg (39.2%), Copper: 0.64mg (31.97%), Vitamin B5: 2.65mg (26.49%), Iron: 4.62mg (25.64%), Vitamin K: 25.72µg (24.49%), Vitamin B6: 0.47mg (23.28%), Selenium: 14.25µg (20.36%), Phosphorus: 201.9mg (20.19%), Zinc: 2.66mg (17.76%), Vitamin C: 13.71mg (16.62%), Potassium: 507.64mg (14.5%), Vitamin B2: 0.22mg (12.73%), Fiber: 3.15g (12.59%), Magnesium: 46.76mg (11.69%), Vitamin B12: 0.53µg (8.82%), Vitamin D: 0.9µg (5.99%), Vitamin A: 168.95IU (3.38%), Vitamin E: 0.46mg (3.06%), Calcium: 27.83mg (2.78%)