



Stuffing

READY IN



90 min.

SERVINGS



12

CALORIES



742 kcal

SIDE DISH

Ingredients

- ☐ 2 large rome beauty apples cored peeled chopped
- ☐ 0.5 cup butter
- ☐ 2 cups celery chopped
- ☐ 14.5 ounce chicken broth canned
- ☐ 1.5 teaspoons rosemary dried
- ☐ 1.5 teaspoons thyme leaves dried
- ☐ 1 pound sausage meat
- ☐ 2.5 cups mushrooms chopped
- ☐ 2.5 cups onions chopped

- ☐ 1.5 teaspoons pepper
- ☐ 1 cup raisins
- ☐ 2 teaspoons salt
- ☐ 1 cup water
- ☐ 6 cups bread whole wheat cubed
- ☐ 2.5 cups rice wild uncooked

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a medium saucepan, boil water and stir in wild rice. Reduce heat. Cover, and simmer 45 minutes, until water has been absorbed and rice is tender.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Melt butter in a large, heavy skillet over medium heat. Stir in sausage, onions, and celery. Cook until sausage is evenly browned, 10 to 12 minutes.
- ☐ Drain, and stir in mushrooms, thyme, and rosemary. Continue cooking about 2 minutes, until mushrooms are lightly browned.
- ☐ Remove from heat, and season with salt and pepper.
- ☐ In a large bowl, mix the sausage mixture with the cooked rice, whole wheat bread, apples, and raisins. Gradually blend in chicken broth until mixture is moistened.
- ☐ Transfer mixture to a large baking dish.
- ☐ Bake 30 minutes in the preheated oven, until lightly browned.

Nutrition Facts



Properties

Glycemic Index:40.62, Glycemic Load:50.8, Inflammation Score:-8, Nutrition Score:31.276956724084%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg, Quercetin: 8.32mg

Nutrients (% of daily need)

Calories: 741.76kcal (37.09%), Fat: 25.31g (38.94%), Saturated Fat: 9.95g (62.16%), Carbohydrates: 95.39g (31.8%), Net Carbohydrates: 83.36g (30.31%), Sugar: 11.96g (13.29%), Cholesterol: 64.68mg (21.56%), Sodium: 1409.24mg (61.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.45g (70.9%), Manganese: 3.13mg (156.42%), Selenium: 40.04µg (57.2%), Vitamin B3: 11.08mg (55.4%), Phosphorus: 545.54mg (54.55%), Fiber: 12.03g (48.12%), Vitamin B1: 0.66mg (44.08%), Magnesium: 175.48mg (43.87%), Zinc: 5.99mg (39.91%), Vitamin B6: 0.68mg (33.99%), Copper: 0.62mg (31.05%), Iron: 5.3mg (29.42%), Vitamin B2: 0.5mg (29.35%), Potassium: 886.52mg (25.33%), Folate: 100.39µg (25.1%), Calcium: 235.36mg (23.54%), Vitamin K: 19.9µg (18.95%), Vitamin B5: 1.85mg (18.47%), Vitamin B12: 0.69µg (11.47%), Vitamin E: 1.45mg (9.64%), Vitamin A: 438.05IU (8.76%), Vitamin C: 6.11mg (7.4%), Vitamin D: 0.57µg (3.77%)