

Thai-Style Sausage and Rice Dressing

READY IN



150 min.

SERVINGS



8

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 bunch cilantro leaves separated
- ☐ 2 large eggs slightly beaten
- ☐ 2 tablespoons garlic divided minced
- ☐ 2 tablespoons ginger divided minced
- ☐ 4 spring onion chopped
- ☐ 12 ounces ground pork
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon lemon grass minced (tender inner part)

- ☐ 3 cups chicken broth reduced-sodium
- ☐ 1 cup onion chopped
- ☐ 1 pound sourdough bread cubed stale
- ☐ 1 cup sticky rice
- ☐ 2 tablespoons basil
- ☐ 3 thai chile stemmed chopped

Equipment

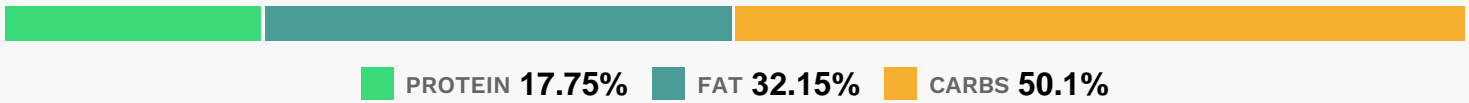
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ toothpicks
- ☐ aluminum foil

Directions

- ☐ Soak rice in 2 cups hot water for 1 hour.
- ☐ Drain rice. Line a bamboo steamer with foil and poke small holes all over the foil with a toothpick.
- ☐ Add rice to steamer. Set over a pot of boiling water and steam until rice is moist and tender, 15 minutes.
- ☐ Meanwhile, preheat oven to 37
- ☐ Whirl 1 tbsp. each ginger and garlic, the lemongrass, cilantro stems, and chiles in a food processor until chopped and blended, about 1 minute.
- ☐ Mix in pork and salt.
- ☐ Melt butter in a large nonstick frying pan over medium-high heat.
- ☐ Add remaining 1 tbsp. each ginger and garlic, the green onions, and onion, cooking until softened, about 3 minutes.

- ☐ Add pork mixture and cook, stirring often, until no longer pink, about 4 minutes.
- ☐ Transfer mixture to a large bowl.
- ☐ Add broth, steamed rice, cilantro leaves, basil, eggs, and bread, tossing to combine.
- ☐ Put mixture in a greased 9- by 13-in. baking dish. Cover with foil.
- ☐ Bake 30 minutes.
- ☐ Remove foil and bake another 30 to 40 minutes until hot in the center and browned on top.
- ☐ *Sticky rice is often labeled "sweet" or sometimes "glutinous"; when cooked, it's dense and, yes, sticky. Find it in Asian markets and some well-stocked grocery stores.

Nutrition Facts



Properties

Glycemic Index:52.44, Glycemic Load:38.56, Inflammation Score:-6, Nutrition Score:16.870869703915%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg

Nutrients (% of daily need)

Calories: 424.35kcal (21.22%), Fat: 15.13g (23.28%), Saturated Fat: 6.04g (37.74%), Carbohydrates: 53.05g (17.68%), Net Carbohydrates: 50.54g (18.38%), Sugar: 3.88g (4.32%), Cholesterol: 84.64mg (28.21%), Sodium: 726.94mg (31.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.8g (37.6%), Vitamin B1: 0.78mg (51.97%), Selenium: 34.49µg (49.27%), Manganese: 0.65mg (32.34%), Vitamin B3: 6.41mg (32.03%), Vitamin B2: 0.46mg (26.8%), Folate: 88.73µg (22.18%), Phosphorus: 215.85mg (21.59%), Iron: 3.63mg (20.19%), Vitamin B6: 0.34mg (16.94%), Vitamin K: 17µg (16.19%), Zinc: 2.17mg (14.45%), Copper: 0.23mg (11.43%), Potassium: 373.92mg (10.68%), Fiber: 2.51g (10.03%), Magnesium: 39.56mg (9.89%), Vitamin B5: 0.91mg (9.09%), Vitamin B12: 0.5µg (8.39%), Vitamin C: 6.59mg (7.98%), Calcium: 64.19mg (6.42%), Vitamin A: 291.76IU (5.84%), Vitamin E: 0.4mg (2.66%), Vitamin D: 0.25µg (1.67%)