



Wild Rice and Squash Dressing



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



287 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds banana squash
- ☐ 1 cinnamon sticks (3 in. long)
- ☐ 0.3 cup currants dried
- ☐ 2 cups fat-skimmed chicken broth
- ☐ 10 oz pkt spinach frozen thawed chopped
- ☐ 1 teaspoon ground coriander
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 12 oz onion peeled chopped

- ☐ 12 servings salt and pepper
- ☐ 1 pound mild sausages italian
- ☐ 1 cup rice long grain white
- ☐ 1 cup rice wild

Equipment


- ☐ frying pan

Directions

- ☐ In a 5- to 6-quart pan over high heat, bring 1 1/2 to 2 quarts water to a boil. Rinse and drain wild rice.
- ☐ Add to boiling water, cover, and return to a boil; reduce heat and simmer, covered, until rice is tender to bite and beginning to split, 35 to 45 minutes.
- ☐ Drain.
- ☐ Meanwhile, cut off and discard pulp from squash.
- ☐ Cut squash into 1/2-inch cubes (you should have about 4 cups).
- ☐ Remove casings from sausages and discard. Crumble sausages into a 5- to 6- quart nonstick pan; stir often over medium-high heat until browned, about 5 minutes. Discard all but 2 tablespoons fat in pan.
- ☐ Add onion, stir often until lightly browned, about 5 minutes.
- ☐ Add white rice; stir until beginning to turn opaque, about 3 minutes.
- ☐ Add broth, currants, coriander, nutmeg, and cinnamon to pan. Bring to a boil over high heat, cover reduce heat, and simmer for 5 minutes.
- ☐ Add squash; cover and simmer over low heat, gently stirring once, until rice and squash are tender to bite, 15 to 20 minutes.
- ☐ Squeeze liquid from spinach.
- ☐ Add spinach and wild rice to pan and mix gently. Cover and cook until hot, about 5 minutes.
- ☐ Add salt and pepper to taste.

Nutrition Facts



 PROTEIN **14.41%**  FAT **38.32%**  CARBS **47.27%**

Properties

Glycemic Index:22.68, Glycemic Load:13.94, Inflammation Score:-10, Nutrition Score:19.040000210638%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 286.67kcal (14.33%), Fat: 12.45g (19.15%), Saturated Fat: 4.36g (27.26%), Carbohydrates: 34.55g (11.52%), Net Carbohydrates: 31.1g (11.31%), Sugar: 5.52g (6.14%), Cholesterol: 28.73mg (9.58%), Sodium: 649.24mg (28.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.53g (21.07%), Vitamin K: 89.11µg (84.87%), Vitamin A: 3552.22IU (71.04%), Manganese: 0.74mg (37.05%), Selenium: 14.78µg (21.11%), Vitamin B1: 0.3mg (20.18%), Vitamin B6: 0.37mg (18.58%), Folate: 71µg (17.75%), Phosphorus: 171.05mg (17.11%), Magnesium: 63.86mg (15.97%), Vitamin B3: 3.09mg (15.46%), Potassium: 537.86mg (15.37%), Fiber: 3.45g (13.82%), Vitamin C: 11.36mg (13.77%), Zinc: 1.98mg (13.17%), Vitamin B2: 0.22mg (12.7%), Copper: 0.24mg (12.08%), Iron: 1.85mg (10.27%), Calcium: 76.13mg (7.61%), Vitamin B5: 0.7mg (7.04%), Vitamin B12: 0.42µg (6.99%), Vitamin E: 0.9mg (5.98%)