



Wild Rice, Apple, and Dried-Cranberry Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



287 kcal

SIDE DISH

Ingredients

- ☐ 2 cups apples diced ()
- ☐ 0.5 teaspoon pepper black
- ☐ 2 cups celery diced ()
- ☐ 1 cup chicken broth
- ☐ 0.5 pound top white cut into 1/2-inch cubes (6 cups)
- ☐ 5 ounces cranberries dried
- ☐ 0.3 cup flat-leaf parsley fresh finely chopped
- ☐ 2 teaspoons marjoram or dried fresh crumbled finely chopped

- ☐ 2 tablespoons sage or dried fresh crumbled finely chopped
- ☐ 1 teaspoon thyme or dried fresh crumbled finely chopped
- ☐ 2 cups onion diced ()
- ☐ 1.5 teaspoons salt
- ☐ 0.5 cup reserved fat from turkey unsalted melted
- ☐ 4 cups water
- ☐ 1 cup rice wild

Equipment

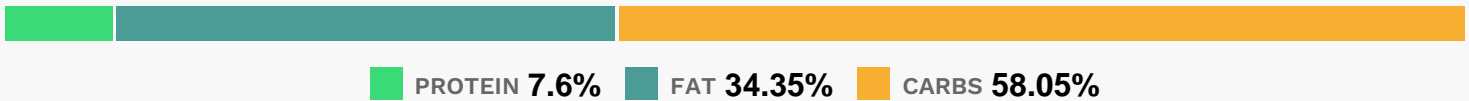
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ colander

Directions

- ☐ Bring water to a boil in a 2-quart heavy saucepan, then add rice and 1/2 teaspoon salt. Reduce heat to low and cook, covered, until rice is tender and most grains are split open, 1 to 1 1/4 hours (not all liquid will be absorbed).
- ☐ Drain well in a colander and spread out in a baking pan to cool completely.
- ☐ Put oven rack in upper third of oven and preheat oven to 350°F.
- ☐ Spread bread cubes in a shallow baking pan and bake in upper third of oven until dry, about 20 minutes.
- ☐ Melt 1 stick butter in a large nonstick skillet over moderate heat, then cook onion and celery, stirring, until softened, about 8 minutes.
- ☐ Add apple and cook, stirring, until crisp-tender, about 5 minutes. Stir in herbs, pepper, and remaining teaspoon salt and cook, stirring, 2 minutes.
- ☐ Transfer to a large bowl and toss with rice, bread, and dried cranberries.

- ☐ Increase oven temperature to 450°F and butter a shallow 3-quart baking dish (13 by 9 inches).
- ☐ Spread stuffing evenly in baking dish and drizzle with turkey stock and melted butter.
- ☐ Bake, covered tightly with foil, in upper third of oven until heated through, about 20 minutes.
- ☐ Remove foil and bake until top is browned, 10 to 15 minutes more.
- ☐ ·Rice can be cooked 2 days ahead and cooled, uncovered, then chilled, covered. Instead of drying bread cubes in oven, they can be spread in a shallow baking pan and dried, uncovered, at room temperature 1 day. Stuffing can be assembled (without drizzling with stock and melted butter), but not baked, 1 day ahead and cooled, uncovered, then chilled, covered. Bring to room temperature before proceeding.

Nutrition Facts



Properties

Glycemic Index:32.35, Glycemic Load:16.92, Inflammation Score:-6, Nutrition Score:10.493043539965%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 3.86mg, Apigenin: 3.86mg, Apigenin: 3.86mg, Apigenin: 3.86mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 287.09kcal (14.35%), Fat: 11.34g (17.44%), Saturated Fat: 3.24g (20.23%), Carbohydrates: 43.1g (14.37%), Net Carbohydrates: 39.12g (14.22%), Sugar: 16.09g (17.88%), Cholesterol: 10.93mg (3.64%), Sodium: 597.76mg (25.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.64g (11.29%), Vitamin K: 41.8µg (39.81%), Manganese: 0.49mg (24.36%), Fiber: 3.98g (15.93%), Folate: 60.9µg (15.22%), Vitamin B1: 0.21mg (14.29%), Vitamin B3: 2.47mg (12.36%), Magnesium: 46.87mg (11.72%), Phosphorus: 113.65mg (11.37%), Vitamin B2: 0.19mg (10.98%), Selenium: 7.4µg (10.57%), Iron: 1.75mg (9.74%), Zinc: 1.36mg (9.09%), Copper: 0.18mg (9%), Vitamin B6: 0.17mg (8.44%), Vitamin C: 6.37mg (7.73%), Potassium: 246.94mg (7.06%), Vitamin E: 0.94mg (6.26%), Vitamin A: 264.34IU (5.29%), Calcium: 48.4mg (4.84%), Vitamin B5: 0.39mg (3.92%), Vitamin D: 0.49µg (3.28%)