



Wild Rice Dressing

 Dairy Free

READY IN



4500 min.

SERVINGS



8

CALORIES



317 kcal

SIDE DISH

Ingredients

- ☐ 0.5 lb bacon sliced coarsely chopped
- ☐ 0.5 lb unseasoned bread cubes country-style
- ☐ 4 slices celery stalks
- ☐ 1 cup chicken broth
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 onion chopped
- ☐ 1.5 cups rice wild

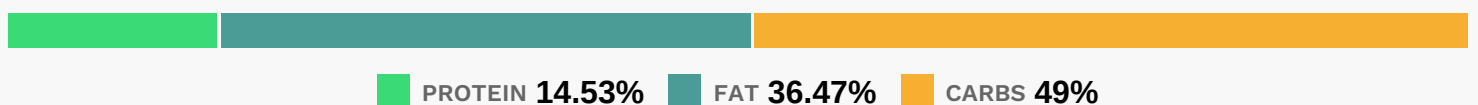
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 325°F.
- ☐ Rinse rice in a sieve under cold water, then cover with cold water by 2 inches in a 4-quart pot. Simmer, covered, until tender, 50 minutes to 1 hour.
- ☐ Drain rice in sieve and cool 10 minutes.
- ☐ Toast bread in a large shallow baking pan in middle of oven until dry, about 30 minutes.
- ☐ Cook bacon in a large skillet over moderate heat, stirring, until crisp and transfer with a slotted spoon to a large bowl. Cook onions in fat remaining in skillet, stirring, until softened.
- ☐ Add celery and cook, stirring, 1 minute.
- ☐ Add onions and celery to bacon and stir in parsley, bread, rice, and salt and pepper to taste.
- ☐ Increase temperature to 375°F.
- ☐ Transfer dressing to a buttered 3- to 4-quart baking dish and drizzle chicken broth over dressing.
- ☐ Bake dressing, covered, 20 minutes, then uncover and bake 20 minutes more, or until bread is golden brown and dressing is heated through.
- ☐ • Dressing can be assembled (but not baked) 1 day ahead and chilled, covered. Bring to room temperature before baking. • Dressing can be baked while turkey stands after roasting.

Nutrition Facts



Properties

Glycemic Index:25.71, Glycemic Load:19.38, Inflammation Score:-6, Nutrition Score:14.84304346209%

Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 317.18kcal (15.86%), Fat: 12.98g (19.97%), Saturated Fat: 4.03g (25.21%), Carbohydrates: 39.25g (13.08%), Net Carbohydrates: 35.66g (12.97%), Sugar: 3.71g (4.12%), Cholesterol: 19.3mg (6.43%), Sodium: 436.45mg (18.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.64g (23.27%), Vitamin K: 63.72µg (60.68%), Manganese: 0.8mg (39.76%), Vitamin B3: 4.89mg (24.46%), Phosphorus: 218.74mg (21.87%), Selenium: 14.96µg (21.38%), Magnesium: 73.1mg (18.27%), Zinc: 2.53mg (16.84%), Vitamin B1: 0.25mg (16.76%), Folate: 63.7µg (15.93%), Fiber: 3.59g (14.37%), Vitamin B6: 0.26mg (13.05%), Vitamin B2: 0.2mg (11.87%), Copper: 0.23mg (11.6%), Iron: 2.04mg (11.31%), Vitamin C: 7.09mg (8.6%), Potassium: 291.72mg (8.33%), Vitamin B5: 0.76mg (7.65%), Vitamin A: 336.04IU (6.72%), Calcium: 56.03mg (5.6%), Vitamin E: 0.47mg (3.12%), Vitamin B12: 0.15µg (2.46%)