



Wild Rice Dressing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



325 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 3 stalks celery finely chopped
- ☐ 1 cup apricots dried roughly chopped
- ☐ 1 cup flat-leaf parsley leaves fresh finely chopped
- ☐ 0.3 cup sage fresh finely chopped
- ☐ 1 teaspoon kosher salt
- ☐ 32 ounce chicken broth low-sodium
- ☐ 1 cup pecans finely chopped

- ☐ 1 stick butter unsalted plus more for the dish
- ☐ 1 cup rice wild
- ☐ 1 small onion yellow finely chopped

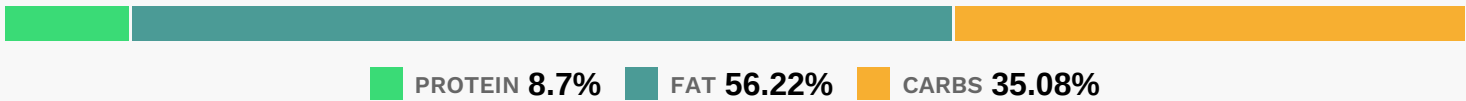
Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Heat oven to 350 F. In a pot, over medium-high heat, bring the broth and 2 cups water to a boil.
- ☐ Add the wild rice and brown rice, reduce heat to low, and cover. Simmer until tender, about 45 minutes. Melt the butter in a large skillet over medium-low heat.
- ☐ Add the onion and celery and cook for 10 minutes.
- ☐ Add the cooked rice, parsley, sage, pecans, apricots or cranberries, salt, and pepper and toss.
- ☐ Transfer to a buttered casserole. Cover and bake for 25 minutes.In Advance: Assemble the dressing but do not bake it. Cover and refrigerate for up to 24 hours.
- ☐ Bake as directed, adding 10 minutes to the baking time.

Nutrition Facts



Properties

Glycemic Index:27.8, Glycemic Load:11.08, Inflammation Score:-8, Nutrition Score:19.391739269961%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

Apigenin: 16.59mg, Apigenin: 16.59mg, Apigenin: 16.59mg, Apigenin: 16.59mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 324.7kcal (16.23%), Fat: 21.46g (33.02%), Saturated Fat: 8.29g (51.82%), Carbohydrates: 30.13g (10.04%), Net Carbohydrates: 25.82g (9.39%), Sugar: 10.46g (11.62%), Cholesterol: 30.37mg (10.12%), Sodium: 345.88mg (15.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.94%), Vitamin K: 129.94µg (123.75%), Copper: 1.62mg (81.04%), Manganese: 0.96mg (47.86%), Vitamin A: 1649.37IU (32.99%), Vitamin B3: 3.63mg (18.15%), Phosphorus: 180.66mg (18.07%), Fiber: 4.31g (17.24%), Magnesium: 64.18mg (16.04%), Potassium: 522.33mg (14.92%), Vitamin C: 11.39mg (13.8%), Zinc: 2.07mg (13.78%), Iron: 1.95mg (10.84%), Folate: 42.26µg (10.56%), Vitamin E: 1.47mg (9.79%), Vitamin B6: 0.17mg (8.4%), Vitamin B1: 0.12mg (8.19%), Vitamin B2: 0.14mg (8.14%), Calcium: 51.48mg (5.15%), Vitamin B5: 0.5mg (5%), Selenium: 1.65µg (2.35%), Vitamin B12: 0.14µg (2.29%), Vitamin D: 0.21µg (1.41%)