



## Wild Rice Dressing with Apples and Chestnuts



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



374 kcal

SIDE DISH

### Ingredients

- ☐ 7.3 ounce honey whole peeled halved
- ☐ 2.5 teaspoons thyme leaves dried
- ☐ 2 large granny smith apples cored unpeeled cut into 1/2-inch cubes
- ☐ 12 ounces sausage sweet italian crumbled
- ☐ 1 cup low-salt chicken broth
- ☐ 4 tablespoons olive oil
- ☐ 1 large onion
- ☐ 0.5 cup parsley fresh italian chopped

☐ 1 cup rice wild

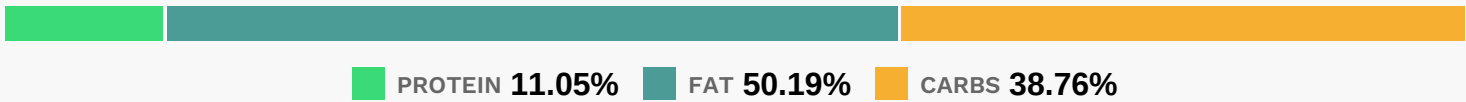
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Cook wild rice in large saucepan of salted boiling water until tender and grains just begin to split, about 45 minutes.
- ☐ Drain. DO AHEAD Can be made 1 day ahead. Cover and chill.
- ☐ Preheat oven to 425°F. Butter 13x9x2-inch glass baking dish.
- ☐ Combine cooked rice, chestnuts, and parsley in large bowl.
- ☐ Heat oil in heavy large skillet over medium-high heat.
- ☐ Add sausage and onion and sauté until meat is browned and cooked through, stirring frequently and breaking up meat with fork, about 7 minutes.
- ☐ Add apples and thyme and sauté 5 minutes. Stir in chicken broth, scraping up browned bits.
- ☐ Pour sausage mixture over rice mixture in bowl; stir to combine. Season to taste with salt and pepper.
- ☐ Transfer mixture to prepared baking dish. DO AHEAD Can be made 1 day ahead. Chill.
- ☐ Bake until hot and liquid is almost absorbed, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:28.63, Glycemic Load:16.36, Inflammation Score:-7, Nutrition Score:14.873913039332%

## Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg

## Nutrients (% of daily need)

Calories: 374.19kcal (18.71%), Fat: 21.2g (32.62%), Saturated Fat: 5.94g (37.12%), Carbohydrates: 36.84g (12.28%), Net Carbohydrates: 33.7g (12.26%), Sugar: 7.17g (7.97%), Cholesterol: 32.32mg (10.77%), Sodium: 325.34mg (14.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.51g (21.01%), Vitamin K: 72.75µg (69.29%), Vitamin C: 20.27mg (24.57%), Manganese: 0.45mg (22.55%), Vitamin B1: 0.32mg (21.63%), Phosphorus: 179.97mg (18%), Vitamin B3: 3.55mg (17.76%), Vitamin B6: 0.35mg (17.48%), Selenium: 11.22µg (16.03%), Zinc: 2.22mg (14.81%), Copper: 0.29mg (14.59%), Magnesium: 56.58mg (14.15%), Potassium: 453.12mg (12.95%), Fiber: 3.14g (12.54%), Folate: 49.09µg (12.27%), Iron: 1.96mg (10.9%), Vitamin B2: 0.16mg (9.49%), Vitamin E: 1.33mg (8.85%), Vitamin A: 368.73IU (7.37%), Vitamin B12: 0.42µg (6.94%), Vitamin B5: 0.63mg (6.26%), Calcium: 36.72mg (3.67%)