



Wild Rice Dressing with Roasted Chestnuts and Cranberries

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



195 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 cups carrots halved lengthwise thinly sliced
- ☐ 1.3 cups celery thinly sliced
- ☐ 1.5 cups roasted bottled chestnuts whole
- ☐ 0.5 cup flat-leaf parsley fresh minced
- ☐ 2 tablespoons sage fresh minced
- ☐ 1 tablespoon thyme leaves fresh

- ☐ 0.5 teaspoon kosher salt divided
- ☐ 2 cups lower-sodium chicken broth fat-free
- ☐ 1 cup cranberries dried sweetened
- ☐ 1.5 tablespoons butter unsalted
- ☐ 2 cups water
- ☐ 2 cups rice wild uncooked
- ☐ 1.5 cups onion yellow chopped

Equipment

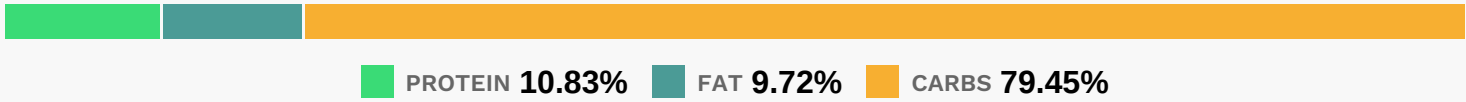
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400
- ☐ Combine rice, broth, 2 cups water, and 1/4 teaspoon salt in a saucepan; bring to a boil. Partially cover, reduce heat, and simmer 40 minutes or until rice is tender, stirring occasionally. (Do not drain.)
- ☐ Place rice in a large bowl; cover.
- ☐ Arrange chestnuts on a baking sheet.
- ☐ Bake at 400 for 15 minutes. Cool slightly; cut chestnuts into quarters.
- ☐ Place cranberries in a small bowl; cover with hot water.
- ☐ Let stand 20 minutes or until soft.
- ☐ Drain and add to rice.
- ☐ Melt butter in a large nonstick skillet over medium heat.

- ☐
- Add carrot, onion, and celery; cook 15 minutes or until vegetables are tender, stirring occasionally. Stir in herbs; remove from heat.
- ☐
- Add to rice mixture. Stir in remaining 1/4 teaspoon salt, chestnuts, and pepper.
- ☐
- Spoon rice mixture into a 13 x 9–inch glass or ceramic baking dish coated with cooking spray. Cover and bake at 400 for 10 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:27.07, Glycemic Load:15.55, Inflammation Score:-10, Nutrition Score:16.957391266104%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 5.7mg, Apigenin: 5.7mg, Apigenin: 5.7mg, Apigenin: 5.7mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

Nutrients (% of daily need)

Calories: 195.47kcal (9.77%), Fat: 2.2g (3.38%), Saturated Fat: 1.04g (6.53%), Carbohydrates: 40.44g (13.48%), Net Carbohydrates: 37.05g (13.47%), Sugar: 9.77g (10.86%), Cholesterol: 3.76mg (1.25%), Sodium: 196.89mg (8.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.03%), Copper: 3.29mg (164.25%), Vitamin A: 3012.59IU (60.25%), Vitamin K: 47.74µg (45.47%), Manganese: 0.62mg (31%), Vitamin C: 14.22mg (17.23%), Magnesium: 62.43mg (15.61%), Phosphorus: 139.92mg (13.99%), Fiber: 3.39g (13.57%), Folate: 50.45µg (12.61%), Zinc: 1.84mg (12.24%), Potassium: 415.75mg (11.88%), Vitamin B3: 2.31mg (11.53%), Vitamin B6: 0.23mg (11.47%), Iron: 1.22mg (6.75%), Vitamin B2: 0.1mg (6.08%), Vitamin B1: 0.09mg (5.68%), Vitamin B5: 0.5mg (5.02%), Vitamin E: 0.63mg (4.19%), Calcium: 38.21mg (3.82%), Selenium: 0.99µg (1.41%)