



Wild Rice Dressing with Roasted Grapes and Walnuts



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



383 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons balsamic vinegar
- ☐ 1 cup brown rice long-grain
- ☐ 6 tablespoons butter ()
- ☐ 1 cup celery chopped (3 stalks)
- ☐ 0.5 teaspoon coarse kosher salt
- ☐ 1 tablespoon thyme leaves dried
- ☐ 8 ounces grapes green seedless

- ☐ 4.5 cups low-salt chicken broth ()
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon orange peel finely grated
- ☐ 8 ounces grapes red seedless
- ☐ 1 cup shallots chopped (4 large)
- ☐ 1.5 cups walnuts toasted chopped
- ☐ 12 ounces rice wild

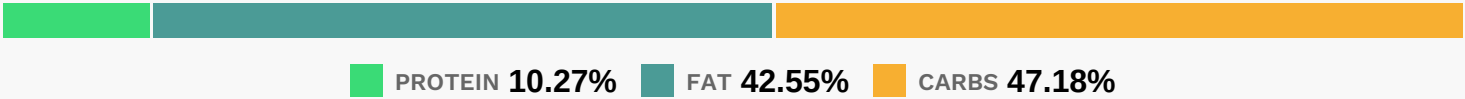
Equipment

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

Directions

- ☐ Melt butter in heavy large saucepan over medium heat.
- ☐ Add shallots and celery. Cook until soft, stirring frequently, about 8 minutes.
- ☐ Add wild rice, 4 1/2 cups broth, thyme, and 1/2 teaspoon coarse salt; bring to simmer. Cover, reduce heat to medium-low, and simmer 30 minutes.
- ☐ Add brown rice, cover, and simmer until rice is tender but firm, adding more broth by 1/4 cupfuls if dry, about 40 minutes longer. DO AHEAD: Can be made 1 day ahead. Cool slightly; cover and chill. Rewarm over medium-low heat before using, adding more broth by 1/4 cupfuls if dry.
- ☐ Meanwhile, preheat oven to 350°F.
- ☐ Place grapes on rimmed baking sheet.
- ☐ Drizzle with oil; toss. Roast grapes until beginning to wrinkle, about 15 minutes.
- ☐ Transfer to bowl; toss with vinegar. DO AHEAD: Can be made 4 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Add grapes and any juices, walnuts, and orange peel to hot rice; toss well. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:32.4, Glycemic Load:21.77, Inflammation Score:-7, Nutrition Score:15.129565005717%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 382.56kcal (19.13%), Fat: 18.93g (29.12%), Saturated Fat: 5.14g (32.13%), Carbohydrates: 47.21g (15.74%), Net Carbohydrates: 42.65g (15.51%), Sugar: 8.83g (9.81%), Cholesterol: 15.05mg (5.02%), Sodium: 181.61mg (7.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.28g (20.56%), Manganese: 1.59mg (79.45%), Copper: 0.54mg (27.1%), Phosphorus: 265.69mg (26.57%), Magnesium: 105.59mg (26.4%), Vitamin B3: 4.13mg (20.64%), Vitamin B6: 0.39mg (19.43%), Fiber: 4.56g (18.23%), Zinc: 2.69mg (17.97%), Vitamin K: 16.69µg (15.89%), Folate: 56.19µg (14.05%), Potassium: 470.22mg (13.43%), Vitamin B1: 0.19mg (12.68%), Iron: 2.28mg (12.65%), Vitamin B2: 0.17mg (9.94%), Vitamin B5: 0.73mg (7.31%), Vitamin E: 0.96mg (6.41%), Calcium: 52.53mg (5.25%), Vitamin A: 261.54IU (5.23%), Vitamin C: 4.08mg (4.95%), Selenium: 1.91µg (2.73%), Vitamin B12: 0.1µg (1.67%)