



WHATSheATE



Wild Rice, Fruit, and Pecan Stuffing



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



243 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 10 servings pepper black freshly ground
- ☐ 0.5 cup celery leaves from celery heart coarsely chopped
- ☐ 1.5 cups celery stalks thinly sliced (from celery heart)
- ☐ 4 ounces cranberries fresh thinly sliced
- ☐ 3 ounces apricots dried coarsely chopped
- ☐ 0.5 cup cranberries dried
- ☐ 1 garlic clove thinly sliced

- ☐ 2.5 ounces golden raisins
- ☐ 1 teaspoon kosher salt plus more
- ☐ 1.5 tablespoons olive oil
- ☐ 1 cup onion finely chopped
- ☐ 3 ounces pecans
- ☐ 2 cups turkey broth
- ☐ 1.5 cups rice wild

Equipment

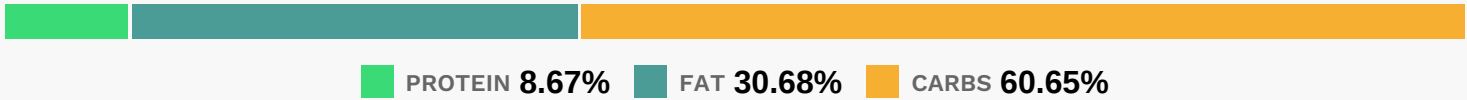
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add chopped celery and onion; cook, stirring occasionally, until softened and almost translucent, about 8 minutes. Stir in garlic; cook, stirring often, until fragrant, about 2 minutes.
- ☐ Add wild rice; stir for 1 minute.
- ☐ Add broth, bay leaf, 1 teaspoon salt, and 1 1/2 cups water; increase heat and bring to a boil. Reduce heat to medium-low, cover, and simmer for 30 minutes. Uncover, stir, and continue cooking, uncovered, stirring occasionally, until liquid is absorbed and rice is tender, 20–40 minutes.
- ☐ Meanwhile, preheat oven to 325°F.
- ☐ Spread out pecans on a rimmed baking sheet. Toast until fragrant, 5–7 minutes.
- ☐ Let cool; coarsely chop. DO AHEAD: Can be made 1 day ahead. Store nuts airtight at room temperature.
- ☐ Let stuffing cool, then cover and chill. Rewarm over medium heat, adding water by tablespoonfuls if too dry, before continuing.
- ☐ Discard bay leaf. Stir in dried cranberries, apricots, and raisins.
- ☐ Let sit, covered, for 5 minutes.

- ☐ Season rice to taste with salt and pepper.Fold pecans, sliced cranberries, and sliced celery into mixture.
- ☐ Garnish with celery leaves.
- ☐ calories, 9 grams fat, 35 grams carbohydrate
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:35.41, Glycemic Load:14.79, Inflammation Score:-6, Nutrition Score:10.234782546759%

Flavonoids

Cyanidin: 6.21mg, Cyanidin: 6.21mg, Cyanidin: 6.21mg, Cyanidin: 6.21mg Delphinidin: 1.5mg, Delphinidin: 1.5mg, Delphinidin: 1.5mg, Delphinidin: 1.5mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 5.57mg, Peonidin: 5.57mg, Peonidin: 5.57mg, Peonidin: 5.57mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg, Apigenin: 0.77mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg, Quercetin: 5.48mg

Nutrients (% of daily need)

Calories: 242.52kcal (12.13%), Fat: 8.81g (13.55%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 39.17g (13.06%), Net Carbohydrates: 34.49g (12.54%), Sugar: 15.8g (17.56%), Cholesterol: 0.94mg (0.31%), Sodium: 433.17mg (18.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.2%), Manganese: 0.89mg (44.48%), Fiber: 4.68g (18.7%), Magnesium: 64.2mg (16.05%), Copper: 0.32mg (15.9%), Phosphorus: 157.02mg (15.7%), Zinc: 1.99mg (13.26%), Potassium: 405.54mg (11.59%), Vitamin B3: 2.27mg (11.36%), Vitamin K: 11.69µg (11.14%), Vitamin B6: 0.2mg (9.94%), Folate: 38.64µg (9.66%), Vitamin E: 1.37mg (9.12%), Vitamin A: 446.23IU (8.92%), Vitamin B2: 0.15mg (8.57%), Vitamin B1: 0.11mg (7.42%), Iron: 1.24mg (6.9%), Vitamin B5: 0.52mg (5.25%), Vitamin C: 4.12mg (5%), Calcium: 38.47mg (3.85%), Selenium: 1.7µg (2.43%)