



Wild Rice Stuffing

READY IN



45 min.

SERVINGS



10

CALORIES



814 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 1 cup carrots grated
- 3 cups chicken broth
- 10 oz dates pitted chopped
- 1.5 teaspoon rosemary dried
- 1.5 teaspoon sage dried
- 1.5 teaspoon thyme dried
- 0.5 cup parsley fresh chopped
- 1 cup bell pepper green chopped

- 2 cups onion chopped
- 1 cup slivered almonds
- 6 cups bread stuffing mix
- 1.3 cup rice wild uncooked

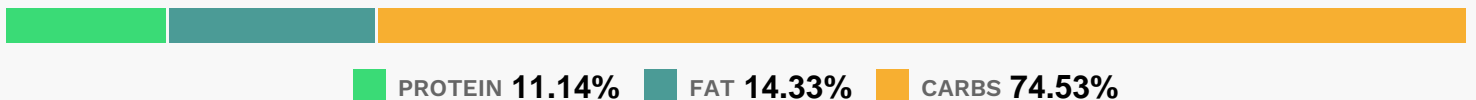
Equipment

- frying pan
- oven
- baking pan

Directions

- Prepare rice according to package directions; set aside.
- Combine, butter, onion, carrots and pepper in a medium skillet over medium-high heat and saut until onion is transparent; remove from heat.
- Blend in remaining ingredients; stir in rice. Spoon stuffing into a greased 13"x9" baking pan.
- Bake, covered, at 325 for 45 minutes. Uncover and bake 15 more minutes.

Nutrition Facts



Properties

Glycemic Index:35.38, Glycemic Load:19.33, Inflammation Score:-10, Nutrition Score:37.514782452065%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg, Quercetin: 7.16mg

Nutrients (% of daily need)

Calories: 813.5kcal (40.68%), Fat: 13.1g (20.16%), Saturated Fat: 3.14g (19.61%), Carbohydrates: 153.26g (51.09%), Net Carbohydrates: 142.46g (51.8%), Sugar: 33.37g (37.08%), Cholesterol: 8.85mg (2.95%), Sodium: 2288.49mg (99.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.92g (45.84%), Selenium: 70.52µg (100.75%), Manganese: 1.58mg (78.77%), Folate: 284.03µg (71.01%), Vitamin B1: 0.96mg (63.84%), Vitamin K: 57.88µg (55.12%), Vitamin B3: 10.81mg (54.05%), Vitamin A: 2535.13IU (50.7%), Vitamin B2: 0.84mg (49.27%), Fiber: 10.81g (43.22%), Iron: 7.1mg (39.46%), Phosphorus: 384.35mg (38.43%), Magnesium: 144.81mg (36.2%), Copper: 0.66mg (33.19%), Vitamin E: 3.77mg (25.12%), Potassium: 850.7mg (24.31%), Vitamin C: 19.3mg (23.39%), Vitamin B6: 0.45mg (22.72%), Zinc: 3.21mg (21.4%), Calcium: 206.26mg (20.63%), Vitamin B5: 1.12mg (11.22%)