



WHATSheATE

Wild Rice Stuffing



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



178 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup brown rice long-grain uncooked
- ☐ 1.5 cups celery chopped
- ☐ 0.5 cup apricots dried chopped
- ☐ 4 cups less-sodium chicken broth fat-free
- ☐ 1.5 tablespoons sage fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 cup onion chopped

- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cherries dried sweet
- ☐ 1 cup rice wild uncooked

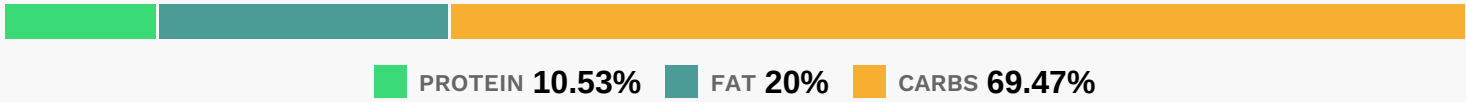
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a Dutch oven over medium–high heat. Coat pan with cooking spray.
- ☐ Add celery, onion, wild rice, and garlic to pan; saut 3 minutes. Stir in broth and sage; bring to a boil. Cover, reduce heat, and simmer 25 minutes. Stir in brown rice, and bring to a boil. Cover, reduce heat, and cook for 30 minutes or until liquid is absorbed.
- ☐ Remove from heat; let stand, covered, 10 minutes. Stir in cherries and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:23.26, Glycemic Load:13.31, Inflammation Score:–5, Nutrition Score:12.780869535778%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 177.59kcal (8.88%), Fat: 4.07g (6.27%), Saturated Fat: 0.42g (2.63%), Carbohydrates: 31.83g (10.61%), Net Carbohydrates: 28.64g (10.41%), Sugar: 6.87g (7.64%), Cholesterol: 0mg (0%), Sodium: 420.06mg (18.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.65%), Copper: 2.49mg (124.35%), Manganese: 1.12mg (55.97%), Magnesium: 58.49mg (14.62%), Phosphorus: 132.35mg (13.24%), Fiber: 3.19g (12.74%), Vitamin B3: 2.26mg (11.28%), Vitamin B6: 0.19mg (9.62%), Zinc: 1.42mg (9.44%), Vitamin A: 437.04IU (8.74%), Vitamin B1: 0.13mg (8.59%), Potassium: 262.14mg (7.49%), Iron: 1.15mg (6.38%), Folate: 25.24µg (6.31%), Vitamin B5: 0.59mg (5.89%), Vitamin B2: 0.08mg (4.7%), Vitamin K: 4.48µg (4.26%), Calcium: 36.12mg (3.61%), Selenium: 2.52µg (3.6%), Vitamin E: 0.45mg (2.97%), Vitamin B12: 0.15µg (2.52%), Vitamin C: 1.64mg (1.99%)