



Wild Rice Stuffing

 Vegetarian

READY IN



85 min.

SERVINGS



6

CALORIES



978 kcal

SIDE DISH

Ingredients

- ☐ 2 cups rice wild
- ☐ 6 servings salt
- ☐ 0.8 pound mushrooms sliced
- ☐ 3 celery stalks chopped
- ☐ 1 medium onion white yellow chopped
- ☐ 5 Tbsp butter unsalted
- ☐ 1 cup walnuts
- ☐ 1.5 cups cranberries dried

- ☐ 1 Tbsp sage fresh minced
- ☐ 4 cups bread croutons
- ☐ 2 cups turkey stock

Equipment

- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Cook the wild rice: Bring a large pot of salted water to a boil, then add the wild rice. Cover, turn the heat to low and simmer until the rice is tender, about 25 minutes or so.
- ☐ Preheat the oven to 350°F.
- ☐ Sauté the mushrooms, add celery, onion: As the rice is cooking, heat a large sauté pan on high for 1 minute.
- ☐ Add the mushrooms and shake the pan a little so they don't stick. Dry sauté the mushrooms, stirring often, until they release their water.
- ☐ When most of the water has burned off, sprinkle salt over the mushrooms, add 3 Tbsp of the butter, onion and celery and toss to combine. Sauté for 4–5 minutes, stirring often.
- ☐ Add cooked rice, sage, croutons, dried cranberries, walnuts, salt:
- ☐ Drain the rice when it is tender (most of the grains will have split by then) and add the rice to the sauté pan. Turn off the heat and add the sage, croutons, dried cranberries and walnuts.
- ☐ Sprinkle a little more salt over everything. Stir to combine.
- ☐ Put the dressing into a large, oven-proof pot with a lid and dot with the remaining butter.
- ☐ Add the chicken stock, cover and bake for 45 minutes. If you want, take the cover off for the last 15 minutes to brown the top.

Nutrition Facts



 **PROTEIN 12.63%**  **FAT 28.18%**  **CARBS 59.19%**

Properties

Glycemic Index:37.61, Glycemic Load:61.84, Inflammation Score:-8, Nutrition Score:39.999130391556%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg

Nutrients (% of daily need)

Calories: 978.21kcal (48.91%), Fat: 31.57g (48.58%), Saturated Fat: 8.8g (55.01%), Carbohydrates: 149.21g (49.74%), Net Carbohydrates: 135.7g (49.35%), Sugar: 36.06g (40.07%), Cholesterol: 27.81mg (9.27%), Sodium: 1064.76mg (46.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.85g (63.69%), Copper: 4.1mg (205.24%), Manganese: 3.49mg (174.39%), Vitamin B3: 16.12mg (80.59%), Selenium: 55.28µg (78.97%), Phosphorus: 583.35mg (58.34%), Vitamin B1: 0.87mg (57.73%), Folate: 221.98µg (55.5%), Fiber: 13.51g (54.04%), Vitamin B2: 0.88mg (51.84%), Magnesium: 203.34mg (50.84%), Iron: 8.02mg (44.54%), Zinc: 5.92mg (39.47%), Vitamin B6: 0.63mg (31.54%), Vitamin B5: 2.93mg (29.32%), Calcium: 248.79mg (24.88%), Potassium: 853.19mg (24.38%), Vitamin K: 13.22µg (12.59%), Vitamin E: 1.82mg (12.15%), Vitamin A: 324.62IU (6.49%), Vitamin C: 3.4mg (4.12%), Vitamin D: 0.29µg (1.94%)