



WHATSheATE



Wild Rice Stuffing with Cranberries, Bacon and Pecans



Gluten Free



Dairy Free



Popular

READY IN



70 min.

SERVINGS



8

CALORIES



333 kcal

SIDE DISH

Ingredients

- ☐ 4 slices bacon cut into 1-inch pieces
- ☐ 2 cups celery chopped
- ☐ 14 oz chicken broth canned
- ☐ 0.8 cup cranberries dried
- ☐ 1 cup onion chopped
- ☐ 0.5 cup pecans toasted chopped
- ☐ 1 teaspoon thyme leaves dried crushed

- ☐ 0.5 cup water
- ☐ 1.3 cup rice long grain wild uncooked (I used and rice)

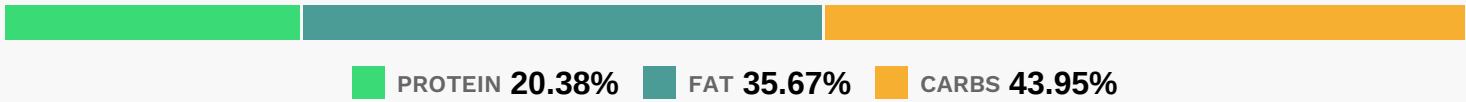
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Rinse wild rice in cold water.
- ☐ Drain well; set aside. In a large saucepan, cook bacon over medium heat until crisp.
- ☐ Remove bacon, reserving 1 tablespoon drippings in saucepan.
- ☐ Drain bacon; set aside.
- ☐ Add onion to saucepan; cook until tender, stirring occasionally.
- ☐ Add wild rice; cook and stir for 3 minutes.
- ☐ Add chicken broth, water, sherry and thyme. Bring to boiling; reduce heat. Cover and simmer for 10 minutes.
- ☐ Remove from heat. Stir in celery and dried cranberries. Meanwhile, heat oven to 350 degrees F.
- ☐ Transfer rice mixture to a 2-quart casserole. Cover and bake for 45 to 55 minutes or until rice is tender and liquid is absorbed, stirring once. Stir in pecans and bacon.

Nutrition Facts



Properties

Glycemic Index:21.9, Glycemic Load:14.47, Inflammation Score:-5, Nutrition Score:9.0743478018305%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg

Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg

Nutrients (% of daily need)

Calories: 332.7kcal (16.64%), Fat: 13.22g (20.34%), Saturated Fat: 3.04g (19.02%), Carbohydrates: 36.65g (12.22%), Net Carbohydrates: 34.29g (12.47%), Sugar: 9.72g (10.8%), Cholesterol: 32.07mg (10.69%), Sodium: 335.72mg (14.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17g (33.99%), Manganese: 0.68mg (34.02%), Selenium: 16.21µg (23.16%), Phosphorus: 155.16mg (15.52%), Zinc: 2.05mg (13.66%), Vitamin B3: 2.34mg (11.69%), Vitamin B6: 0.23mg (11.59%), Copper: 0.19mg (9.74%), Fiber: 2.35g (9.4%), Vitamin K: 9.73µg (9.27%), Vitamin B12: 0.55µg (9.19%), Magnesium: 31.24mg (7.81%), Potassium: 258.24mg (7.38%), Vitamin B1: 0.11mg (7.17%), Iron: 1.26mg (6.99%), Vitamin B2: 0.1mg (6.17%), Vitamin B5: 0.52mg (5.2%), Folate: 17.67µg (4.42%), Vitamin A: 221IU (4.42%), Vitamin E: 0.64mg (4.24%), Calcium: 37.1mg (3.71%), Vitamin C: 2.75mg (3.34%)