



## Wild Rice Stuffing with Wild Mushrooms



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



409 kcal

SIDE DISH

### Ingredients

- ☐ 8 tablespoons butter (1 stick)
- ☐ 1.8 cups pears dried coarsely chopped ( 7 ounces; optional)
- ☐ 3 teaspoons sage fresh chopped
- ☐ 3 tablespoons thyme sprigs fresh chopped
- ☐ 5 cups chicken broth canned
- ☐ 1.3 pounds mushrooms wild assorted stemmed sliced (such as crimini and shiitake)
- ☐ 2.8 pounds onion halved thinly sliced
- ☐ 0.8 cup parsley fresh italian chopped

- ☐ 1.3 cups rice long-grain white
- ☐ 1.3 cups rice wild ( one 8-ounce package)

## Equipment

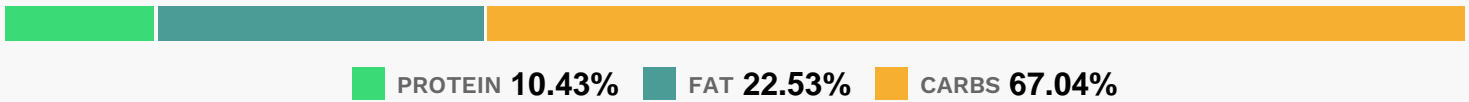
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

## Directions

- ☐ Melt 4 tablespoons butter in heavy large pot over medium heat.
- ☐ Add onions; sauté until very tender and caramelized, about 25 minutes.
- ☐ Transfer onions to large bowl. Melt remaining 4 tablespoons butter in same pot over medium-high heat.
- ☐ Add mushrooms and 1 tablespoon thyme; sauté until mushrooms are deep brown, about 12 minutes.
- ☐ Add to bowl with onions. Season with salt and pepper.
- ☐ Bring broth, 1 tablespoon thyme, and 2 teaspoons sage to boil in heavy large deep saucepan.
- ☐ Mix in wild rice; return to boil. Reduce heat; cover and simmer 30 minutes.
- ☐ Mix in white rice; cover and simmer until all rice is tender and almost all liquid is absorbed, about 18 minutes longer. Stir in caramelized onions and mushrooms, remaining 1 tablespoon thyme, and 1 teaspoon sage. Stir in pears, if desired. Cover and simmer 5 minutes, stirring often. Season with salt and pepper. Stir in 3/4 cup parsley.
- ☐ Loosely fill neck and main cavities of turkey with stuffing. Generously butter baking dish. Spoon remaining stuffing into prepared dish. Cover with buttered foil, buttered side down.
- ☐ Bake stuffing in dish along side turkey until heated through, about 25 minutes. Uncover stuffing.

- ☐ Bake until top of stuffing is slightly crisp and golden, about 15 minutes longer.
- ☐ Preheat oven to 350°F. Generously butter 13x9x2-inch glass baking dish, depending on recipe.
- ☐ Transfer stuffing to prepared dish. Cover with buttered foil, buttered side down.
- ☐ Bake until heated through, about 40 minutes. Uncover and bake until top is slightly crisp and golden, about 20 minutes longer.
- ☐ Sprinkle remaining 1/4 cup chopped Italian parsley over stuffing and serve.

## Nutrition Facts



## Properties

Glycemic Index:30.32, Glycemic Load:22.46, Inflammation Score:-10, Nutrition Score:23.531304172848%

## Flavonoids

Apigenin: 9.76mg, Apigenin: 9.76mg, Apigenin: 9.76mg, Apigenin: 9.76mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Isorhamnetin: 6.25mg, Isorhamnetin: 6.25mg, Isorhamnetin: 6.25mg, Isorhamnetin: 6.25mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 25.33mg, Quercetin: 25.33mg, Quercetin: 25.33mg, Quercetin: 25.33mg

## Nutrients (% of daily need)

Calories: 409.26kcal (20.46%), Fat: 10.79g (16.6%), Saturated Fat: 6.17g (38.55%), Carbohydrates: 72.24g (24.08%), Net Carbohydrates: 65.09g (23.67%), Sugar: 26.76g (29.74%), Cholesterol: 24.08mg (8.03%), Sodium: 122.52mg (5.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.24g (22.47%), Copper: 2.41mg (120.29%), Vitamin K: 81.94µg (78.04%), Manganese: 0.93mg (46.43%), Vitamin B3: 6.15mg (30.74%), Fiber: 7.16g (28.64%), Vitamin C: 21.97mg (26.63%), Phosphorus: 265.63mg (26.56%), Vitamin B2: 0.43mg (25.22%), Potassium: 792.45mg (22.64%), Magnesium: 79.55mg (19.89%), Vitamin B6: 0.38mg (18.81%), Folate: 63.58µg (15.89%), Zinc: 2.38mg (15.86%), Vitamin B5: 1.55mg (15.53%), Iron: 2.77mg (15.4%), Vitamin A: 766.23IU (15.32%), Selenium: 10.17µg (14.52%), Vitamin B1: 0.15mg (10.25%), Calcium: 78.11mg (7.81%), Vitamin E: 0.54mg (3.62%), Vitamin B12: 0.16µg (2.66%)