



Wild Rice with Rosemary and Cashew Stuffing



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



405 kcal

SIDE DISH

Ingredients

- ☐ 1 cup cashew pieces chopped
- ☐ 1.8 cups chicken stock see
- ☐ 0.5 cup mushrooms fresh chopped
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 1 cup rice mix long grain wild

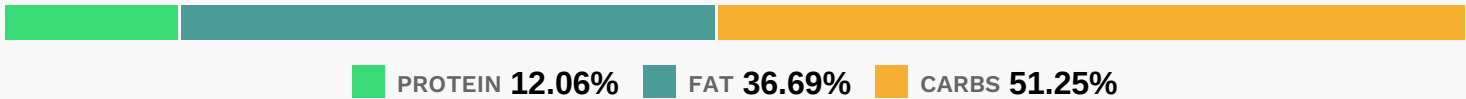
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat oil in a skillet over medium heat.
- ☐ Saute onions until tender and translucent. Stir in mushrooms, and saute until soft.
- ☐ Add rosemary, and cook for 1 minute. Stir in cashews, and cook for 1 minute.
- ☐ Transfer to a medium saucepan.
- ☐ Pour in chicken stock, and stir in rice. Cover, and bring to a boil. Reduce heat, and simmer until water is absorbed.
- ☐ Remove from heat, and let stand for 5 minutes. Stuff into the cavity of a small roasting chicken.

Nutrition Facts



Properties

Glycemic Index:36.35, Glycemic Load:24.94, Inflammation Score:-6, Nutrition Score:14.362608758652%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 405.09kcal (20.25%), Fat: 16.8g (25.84%), Saturated Fat: 3.1g (19.36%), Carbohydrates: 52.78g (17.59%), Net Carbohydrates: 50.59g (18.4%), Sugar: 4.71g (5.23%), Cholesterol: 3.15mg (1.05%), Sodium: 157.88mg (6.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.43g (24.85%), Manganese: 1.07mg (53.66%), Copper: 0.91mg (45.69%), Phosphorus: 289.23mg (28.92%), Magnesium: 113.47mg (28.37%), Selenium: 16.93µg (24.18%), Zinc: 2.62mg (17.44%), Iron: 2.89mg (16.03%), Vitamin B3: 3.2mg (16.01%), Vitamin B6: 0.31mg (15.63%), Vitamin B1: 0.22mg (14.98%), Potassium: 447mg (12.77%), Vitamin K: 11.94µg (11.37%), Vitamin B2: 0.19mg (10.88%), Vitamin B5: 0.96mg (9.56%), Fiber: 2.2g (8.78%), Folate: 23.4µg (5.85%), Vitamin E: 0.52mg (3.48%), Calcium: 34.59mg (3.46%), Vitamin C: 2.21mg (2.68%)