



Any-roast apricot & pecan stuffing

READY IN



30 min.

SERVINGS



48

CALORIES



86 kcal

SIDE DISH

Ingredients

- ☐ 50 g butter
- ☐ 2 onions halved sliced
- ☐ 4 celery stalks chopped
- ☐ 200 g semi-dried apricot halved
- ☐ 3 garlic cloves chopped
- ☐ 140 g pecan
- ☐ 1 tsp ground nutmeg
- ☐ 200 g breadcrumb fresh
- ☐ 500 g pack pork mince

- ☐ 1 large eggs
- ☐ 3 tbsp thyme leaf soft chopped
- ☐ 1 small pack parsley chopped

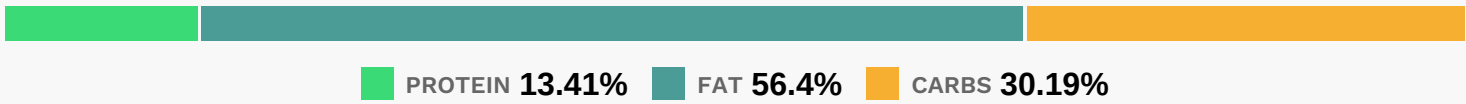
Equipment

- ☐ frying pan

Directions

- ☐ Melt the butter in a large pan, add the onions and celery, and briefly cook until they start to soften. Stir in the apricots and garlic, and cook a few mins more.
- ☐ Add the pecans and nutmeg, and cook, stirring until the nuts are lightly toasted. Leave to cool.
- ☐ Stir in the breadcrumbs, mince, egg and herbs with 1 tsp salt and lots of pepper, then divide the mixture into 4, pack into bags and freeze. Will keep for 3 months.
- ☐ One batch will make 12 stuffing balls or can be used to stuff roast pork or chicken. Two batches will fill a 1lb loaf tin, lined with streaky bacon that can be sliced, while 2 – 3 will stuff a medium-to-large turkey.
- ☐ Cook at 200C/180C/gas 6 for 30 mins if rolling into balls, 45 mins if cooking in a loaf tin, or use to stuff the neck of your favourite roast bird, cooking for the same time as indicated in the recipe.

Nutrition Facts



Properties

Glycemic Index:6.86, Glycemic Load:0.93, Inflammation Score:-5, Nutrition Score:3.2860869486695%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.2mg, Luteolin:

0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 85.86kcal (4.29%), Fat: 5.52g (8.5%), Saturated Fat: 1.64g (10.22%), Carbohydrates: 6.65g (2.22%), Net Carbohydrates: 5.72g (2.08%), Sugar: 2.82g (3.13%), Cholesterol: 13.61mg (4.54%), Sodium: 45.47mg (1.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.91%), Manganese: 0.2mg (9.95%), Vitamin B1: 0.14mg (9.32%), Selenium: 4.2µg (6%), Vitamin B3: 0.89mg (4.44%), Vitamin A: 208.38IU (4.17%), Phosphorus: 40.72mg (4.07%), Fiber: 0.93g (3.72%), Copper: 0.07mg (3.54%), Vitamin B6: 0.07mg (3.43%), Vitamin B2: 0.06mg (3.35%), Iron: 0.59mg (3.27%), Potassium: 111.29mg (3.18%), Zinc: 0.47mg (3.15%), Magnesium: 10.12mg (2.53%), Folate: 7.82µg (1.95%), Calcium: 17.66mg (1.77%), Vitamin E: 0.26mg (1.75%), Vitamin B5: 0.17mg (1.66%), Vitamin B12: 0.1µg (1.64%), Vitamin C: 1.28mg (1.56%)