



Apple-Almond Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



474 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almond liqueur
- ☐ 1 cup almonds toasted chopped
- ☐ 0.5 cup butter
- ☐ 3 rib celery diced
- ☐ 1.5 cups chicken broth
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 large granny smith apples coarsely chopped
- ☐ 1 medium onion diced

- ☐ 0.3 teaspoon pepper
- ☐ 1.5 teaspoons poultry seasoning
- ☐ 1 tablespoon sage sprigs fresh
- ☐ 8 servings garnish: sage fresh chopped
- ☐ 1 teaspoon salt
- ☐ 24 slices bread white cubed

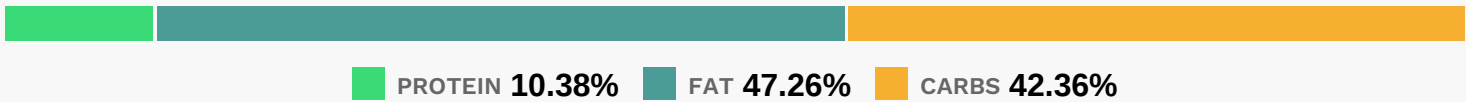
Equipment

- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Melt butter in a Dutch oven over medium heat.
- ☐ Add celery and onion; saut 5 minutes or until tender.
- ☐ Add apple; cook, stirring often, 5 minutes.
- ☐ Remove from heat.
- ☐ Add bread and next 8 ingredients to Dutch oven, tossing gently to combine. Spoon into a lightly greased 13- x 9-inch baking dish.
- ☐ Bake, covered, at 325 for 35 minutes. Uncover and bake 10 more minutes or until golden.
- ☐ Serve with baked or grilled pork chops, if desired.
- ☐ Garnish, if desired.
- ☐ * 2 teaspoons almond extract may be substituted for 1/4 cup almond liqueur.

Nutrition Facts



Properties

Glycemic Index:31.22, Glycemic Load:28.84, Inflammation Score:-8, Nutrition Score:22.53826089009%

Flavonoids

Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg Epicatechin: 4.33mg, Epicatechin: 4.33mg, Epicatechin: 4.33mg, Epicatechin: 4.33mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 473.88kcal (23.69%), Fat: 25.54g (39.3%), Saturated Fat: 3.9g (24.36%), Carbohydrates: 51.52g (17.17%), Net Carbohydrates: 45.28g (16.46%), Sugar: 11.57g (12.86%), Cholesterol: 0.88mg (0.29%), Sodium: 948.04mg (41.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.62g (25.25%), Copper: 2.75mg (137.62%), Manganese: 1.13mg (56.36%), Vitamin E: 6.46mg (43.06%), Vitamin B1: 0.46mg (30.46%), Vitamin B2: 0.49mg (28.66%), Selenium: 18.59µg (26.56%), Fiber: 6.24g (24.97%), Folate: 99.69µg (24.92%), Calcium: 241.79mg (24.18%), Vitamin B3: 4.57mg (22.86%), Magnesium: 88.45mg (22.11%), Iron: 3.77mg (20.93%), Phosphorus: 209.07mg (20.91%), Vitamin K: 21.06µg (20.06%), Vitamin A: 635.86IU (12.72%), Potassium: 358.49mg (10.24%), Zinc: 1.47mg (9.82%), Vitamin B6: 0.15mg (7.33%), Vitamin C: 5mg (6.06%), Vitamin B5: 0.58mg (5.79%)