



Apple and Onion Stuffin

READY IN



50 min.

SERVINGS



12

CALORIES



777 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 to 4 mcintosh apples cored chopped quartered
- ☐ 1.5 sticks butter softened
- ☐ 2 cups celery chopped
- ☐ 4 cups chicken stock see as needed
- ☐ 1 eggs beaten if preparing as "Stuffin' Muffins"
- ☐ 2 tablespoons poultry seasoning
- ☐ 12 servings salt and pepper black
- ☐ 8 cups bread stuffing mix such as pepperidge farm cubed
- ☐ 1 large onion yellow chopped

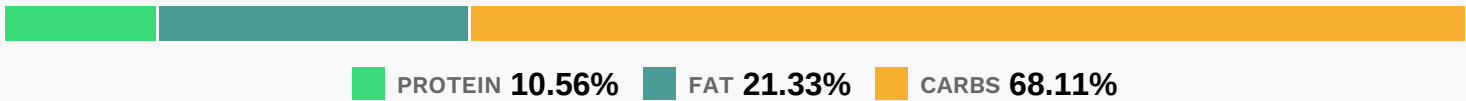
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ casserole dish
- ☐ ice cream scoop
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Preheat a large skillet over medium-high heat. Melt 1 stick butter in the skillet. When the butter melts, add the celery, apples and onions. Season with salt, pepper and poultry seasoning. Cook until the vegetables and apples begin to soften, 5 to 6 minutes.
- ☐ Add the stuffing cubes to the pan and combine. Moisten the stuffing with the chicken stock until all of the bread is soft, but not wet.
- ☐ Let the stuffing cool either in the pan or in a bowl.
- ☐ Brush a casserole dish with 1/4 stick butter.
- ☐ Add the stuffing mixture to the dish and dot the top with the remaining 1/4 stick butter.
- ☐ Bake until set and crisp on top, 15 to 20 minutes.
- ☐ Serve hot or at room temperature.
- ☐ Brush a 12-muffin tin with the remaining 1/2 stick of butter.
- ☐ Add the beaten egg to the cooled stuffing mixture. Using an ice cream scoop, fill and mound up the stuffing in the muffin tin.
- ☐ Bake until set and crisp on top, 10 to 15 minutes.
- ☐ Remove the stuffin' muffins to a platter and serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:2, Inflammation Score:-8, Nutrition Score:27.194782526597%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 777.2kcal (38.86%), Fat: 18.3g (28.15%), Saturated Fat: 9.01g (56.32%), Carbohydrates: 131.43g (43.81%), Net Carbohydrates: 124.73g (45.36%), Sugar: 19.84g (22.04%), Cholesterol: 47.99mg (16%), Sodium: 2634.86mg (114.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.38g (40.77%), Selenium: 78.91µg (112.73%), Folate: 281.85µg (70.46%), Vitamin B1: 0.99mg (65.93%), Vitamin B3: 10.5mg (52.48%), Manganese: 1.03mg (51.68%), Vitamin B2: 0.75mg (44.28%), Iron: 6.6mg (36.64%), Phosphorus: 268.45mg (26.85%), Fiber: 6.7g (26.79%), Copper: 0.45mg (22.5%), Magnesium: 73.89mg (18.47%), Calcium: 179.94mg (17.99%), Vitamin B6: 0.35mg (17.51%), Potassium: 595.76mg (17.02%), Vitamin K: 14.25µg (13.57%), Zinc: 1.72mg (11.48%), Vitamin A: 496.29IU (9.93%), Vitamin B5: 0.78mg (7.84%), Vitamin E: 1.13mg (7.52%), Vitamin C: 3.78mg (4.58%), Vitamin B12: 0.09µg (1.47%)