



Apple and Pecan Stuffing

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



235 kcal

SIDE DISH

Ingredients

- 2 apples cored peeled chopped
- 0.8 cup pecans finely chopped
- 6 ounce bread stuffing mix dry

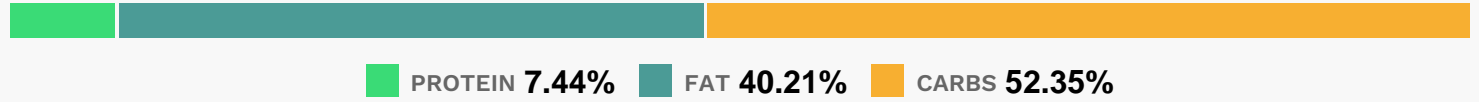
Equipment

- oven

Directions

- Prepare stuffing mix according to package directions.
- Preheat oven to 325 degrees F (165 degrees C).
- Mix pecans and apples into the stuffing.
- Bake uncovered in the preheated oven 35 minutes, or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:2.27, Inflammation Score:-3, Nutrition Score:8.3960869584395%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 4.68mg, Epicatechin: 4.68mg, Epicatechin: 4.68mg, Epicatechin: 4.68mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 235.12kcal (11.76%), Fat: 10.88g (16.73%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 31.87g (10.62%), Net Carbohydrates: 28.2g (10.25%), Sugar: 9.19g (10.22%), Cholesterol: 0.28mg (0.09%), Sodium: 398.92mg (17.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.05%), Manganese: 0.8mg (40.14%), Selenium: 14.13µg (20.18%), Vitamin B1: 0.27mg (17.95%), Fiber: 3.67g (14.68%), Folate: 52.44µg (13.11%), Copper: 0.25mg (12.37%), Vitamin B3: 1.85mg (9.25%), Vitamin B2: 0.15mg (8.71%), Phosphorus: 84.39mg (8.44%), Iron: 1.5mg (8.32%), Magnesium: 30.86mg (7.71%), Zinc: 0.91mg (6.03%), Potassium: 190.52mg (5.44%), Vitamin B6: 0.1mg (4.83%), Calcium: 40.68mg (4.07%), Vitamin C: 2.94mg (3.56%), Vitamin E: 0.41mg (2.72%), Vitamin B5: 0.27mg (2.67%), Vitamin K: 2.12µg (2.02%)