



Apple-Chestnut Stuffing

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



387 kcal

SIDE DISH

Ingredients

- 2 jonathan apples—peeled cored cut into 1/2-inch dice
- 5 large celery ribs peeled chopped cut into 1/2-inch dice, plus 1/2 cup celery leaves
- 2 pounds challah bread cut into 3/4-inch dice
- 2 cups honey crumbled cooked (from one 14.8-ounce vacuum-packed jar)
- 3 large eggs lightly beaten
- 0.5 cup flat-leaf parsley chopped
- 1 tablespoon sage fresh chopped
- 12 servings kosher salt and pepper freshly ground

- 3 cups chicken broth low-sodium
- 2 large onions cut into 1/2-inch dice
- 2 tablespoons thyme leaves chopped
- 4 ounces butter unsalted

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat the oven to 35
- Spread the challah on 3 large rimmed baking sheets and bake for 15 minutes, or until golden brown.
- Let cool, then transfer to a very large bowl.
- Add the chestnuts to the challah. Turn the oven to 40
- Meanwhile, melt the butter in a large skillet.
- Add the celery ribs and leaves and the onions and parsley. Cook over moderate heat, stirring occasionally, until softened, about 20 minutes.
- Transfer to the bowl with the challah.
- Add the apples, thyme and sage; toss well. In a bowl, mix the eggs with 2 cups of the stock and season with 1 tablespoon of salt and 1/2 teaspoon of pepper.
- Pour over the challah; stir well.
- Add another 1/2 to 1 cup of stock; the stuffing should be moist but the bread should still be intact.
- Butter 2 large, shallow glass baking dishes and spread the stuffing in them.
- Bake the stuffing for 20 minutes, or until heated through and crisp on top.

Nutrition Facts



■ PROTEIN 11.22% ■ FAT 32.78% ■ CARBS 56%

Properties

Glycemic Index:18.5, Glycemic Load:7.39, Inflammation Score:-9, Nutrition Score:19.606956399005%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 5.43mg, Apigenin: 5.43mg, Apigenin: 5.43mg, Apigenin: 5.43mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg

Nutrients (% of daily need)

Calories: 387.39kcal (19.37%), Fat: 14.18g (21.82%), Saturated Fat: 6.65g (41.57%), Carbohydrates: 54.53g (18.18%), Net Carbohydrates: 51.35g (18.67%), Sugar: 5.72g (6.35%), Cholesterol: 105.37mg (35.12%), Sodium: 521.2mg (22.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.92g (21.85%), Copper: 1.81mg (90.34%), Vitamin K: 43.27µg (41.21%), Selenium: 26.82µg (38.31%), Manganese: 0.58mg (28.98%), Folate: 109.5µg (27.37%), Vitamin B1: 0.39mg (26.12%), Vitamin B2: 0.43mg (25.58%), Vitamin B3: 4.86mg (24.31%), Vitamin C: 18.03mg (21.86%), Iron: 3.37mg (18.74%), Vitamin A: 754.14IU (15.08%), Phosphorus: 147.47mg (14.75%), Fiber: 3.18g (12.72%), Calcium: 105.77mg (10.58%), Potassium: 365.72mg (10.45%), Vitamin B6: 0.21mg (10.44%), Magnesium: 31.83mg (7.96%), Zinc: 1.06mg (7.04%), Vitamin B5: 0.59mg (5.94%), Vitamin D: 0.69µg (4.63%), Vitamin B12: 0.26µg (4.37%), Vitamin E: 0.63mg (4.18%)