



Apple, Cranberry & Pecan Stuffing

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



87 kcal

SIDE DISH

Ingredients

- 1 small apples chopped
- 1.5 cups apple juice
- 2 Tbsp butter
- 0.5 cup cranberries
- 0.3 cup planters pecans toasted chopped
- 6 oz stove top stuffing mix for chicken

Equipment

- sauce pan

Directions

- Bring juice and butter to boil in medium saucepan on high heat.
- Add stuffing mix and fruit; mix lightly. Cover.
- Remove from heat.
- Let stand 5 min. Stir in nuts.

Nutrition Facts

 **PROTEIN 6.74%**  **FAT 32.03%**  **CARBS 61.23%**

Properties

Glycemic Index:8.52, Glycemic Load:1.62, Inflammation Score:-2, Nutrition Score:2.6208695850295%

Flavonoids

Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.64mg, Peonidin: 1.64mg, Peonidin: 1.64mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 86.7kcal (4.34%), Fat: 3.13g (4.81%), Saturated Fat: 0.52g (3.24%), Carbohydrates: 13.46g (4.49%), Net Carbohydrates: 12.53g (4.56%), Sugar: 4.56g (5.07%), Cholesterol: 0.11mg (0.04%), Sodium: 178.09mg (7.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Manganese: 0.18mg (8.77%), Selenium: 5.53µg (7.91%), Vitamin B1: 0.09mg (5.73%), Folate: 19.76µg (4.94%), Fiber: 0.93g (3.72%), Vitamin B3: 0.7mg (3.52%), Vitamin B2: 0.06mg (3.3%), Iron: 0.52mg (2.91%), Copper: 0.05mg (2.72%), Phosphorus: 24.18mg (2.42%), Magnesium: 8.53mg (2.13%), Potassium: 73.79mg (2.11%), Vitamin B6: 0.03mg (1.57%), Calcium: 15.56mg (1.56%), Vitamin A: 75.53IU (1.51%), Vitamin C: 1.17mg (1.42%), Zinc: 0.19mg (1.28%), Vitamin E: 0.19mg (1.26%)