



Apple Cranberry Stuffing

READY IN



100 min.

SERVINGS



10

CALORIES



828 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cup celery chopped
- ☐ 2 cups chicken broth
- ☐ 10.8 ounce cream of celery soup canned
- ☐ 1 cup cranberries dried
- ☐ 3 large eggs
- ☐ 2 granny smith apples cored finely chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground pepper black

- ☐ 8 cups hawaiian bread sweet cubed toasted
- ☐ 1 onion chopped
- ☐ 1 bell pepper red chopped
- ☐ 0.5 teaspoon salt

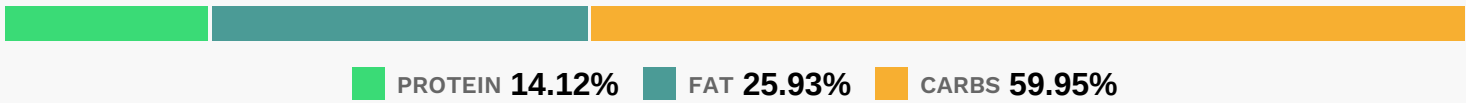
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F. Lightly grease a 13 by 9 by 2-inch baking dish.
- ☐ In a small bowl, combine chicken broth and cranberries; let soak for 30 minutes.
- ☐ In a large skillet, melt butter over medium heat.
- ☐ Add onion, pepper and celery; cook for 5 minutes stirring frequently or until tender.
- ☐ Add apples and cook for 5 minutes, stirring frequently.
- ☐ Remove from heat and place in a large bowl.
- ☐ Beat 3 eggs in a separate bowl.
- ☐ Add salt and pepper. Set aside.
- ☐ In the large bowl with vegetables, stir in chicken broth mixture, celery soup, and cinnamon.
- ☐ Add toasted bread, stirring gently to combine.
- ☐ Add eggs. Spoon mixture into prepared dish and bake for 30 to 40 minutes or until center is set.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:1.76, Inflammation Score:-4, Nutrition Score:10.671304267386%

Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 828.14kcal (41.41%), Fat: 24.59g (37.83%), Saturated Fat: 13.99g (87.45%), Carbohydrates: 127.94g (42.65%), Net Carbohydrates: 118.76g (43.19%), Sugar: 54.87g (60.96%), Cholesterol: 174.5mg (58.17%), Sodium: 1056.99mg (45.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.14g (60.28%), Iron: 13.9mg (77.21%), Fiber: 9.18g (36.71%), Vitamin C: 18.12mg (21.97%), Vitamin A: 748.08IU (14.96%), Vitamin K: 11.11µg (10.58%), Manganese: 0.19mg (9.68%), Vitamin E: 1.27mg (8.48%), Vitamin B2: 0.14mg (8.35%), Selenium: 5.58µg (7.98%), Vitamin B5: 0.65mg (6.46%), Phosphorus: 55.91mg (5.59%), Vitamin B6: 0.1mg (5.19%), Folate: 20.14µg (5.03%), Potassium: 173.82mg (4.97%), Copper: 0.08mg (4.03%), Calcium: 33.37mg (3.34%), Vitamin B1: 0.04mg (2.97%), Vitamin B12: 0.16µg (2.75%), Magnesium: 10mg (2.5%), Zinc: 0.36mg (2.39%), Vitamin B3: 0.46mg (2.3%), Vitamin D: 0.3µg (2%)