



## Apple Fennel Stuffing

READY IN



45 min.

SERVINGS



6

CALORIES



216 kcal

SIDE DISH

### Ingredients

- 1 cup apples chopped
- 0.3 cup butter
- 1 cup fennel bulb chopped
- 1 tablespoon parsley fresh italian chopped (flat-leaf)
- 2 teaspoons poultry seasoning
- 6 oz bread stuffing mix flavored
- 1.5 cups turkey stock

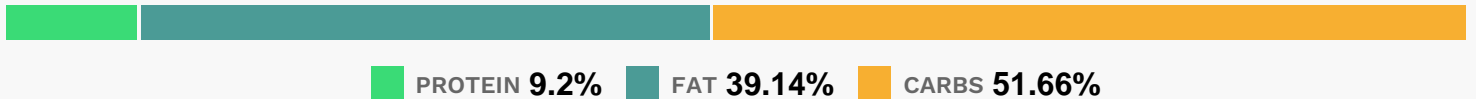
### Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan
- glass baking pan

## Directions

- Heat oven to 350F. Spray 8-inch square (2-quart) glass baking dish with cooking spray.
- In small skillet or saucepan, melt butter over medium-high heat. Cook apple and fennel in butter, stirring occasionally, until crisp-tender.
- In large bowl, toss apple mixture, stuffing mix, water and poultry seasoning until combined. Spoon into baking dish.
- Bake uncovered about 30 minutes or until golden brown and thoroughly heated.
- Sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:26.5, Glycemic Load:1.04, Inflammation Score:-4, Nutrition Score:7.9130435041759%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

## Nutrients (% of daily need)

Calories: 216.15kcal (10.81%), Fat: 9.46g (14.56%), Saturated Fat: 5.33g (33.33%), Carbohydrates: 28.11g (9.37%), Net Carbohydrates: 26.15g (9.51%), Sugar: 6.05g (6.72%), Cholesterol: 22.39mg (7.46%), Sodium: 552.01mg (24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.01%), Vitamin K: 26.96µg (25.68%), Selenium: 15.15µg (21.65%), Folate: 57.34µg (14.34%), Vitamin B3: 2.71mg (13.57%), Vitamin B1: 0.2mg (13.16%), Manganese: 0.25mg (12.51%), Vitamin B2: 0.18mg (10.59%), Iron: 1.61mg (8.97%), Fiber: 1.95g (7.82%), Phosphorus: 69.28mg (6.93%), Vitamin A: 343.09IU (6.86%), Potassium: 224.69mg (6.42%), Copper: 0.12mg (6.06%), Vitamin B6: 0.1mg (5.21%), Magnesium: 19.23mg (4.81%), Calcium: 47.46mg (4.75%), Vitamin C: 3.78mg (4.59%), Vitamin E: 0.48mg (3.2%), Zinc: 0.42mg (2.8%), Vitamin B5: 0.17mg (1.72%)