



Apple Pecan Stuffing

READY IN



50 min.

SERVINGS



8

CALORIES



366 kcal

SIDE DISH

Ingredients

- ☐ 2 eggs
- ☐ 0.3 bunch flat-leaf parsley fresh roughly chopped
- ☐ 0.5 bunch sage fresh
- ☐ 0.5 bunch thyme leaves fresh
- ☐ 3 granny smith apples diced peeled
- ☐ 0.8 cup heavy cream
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 1.5 cups chicken stock see low-sodium
- ☐ 3 tablespoons olive oil extra-virgin for finishing

- ☐ 1 large onion spanish thinly sliced
- ☐ 1.5 cups pecans raw
- ☐ 5 cups sourdough bread crusts removed

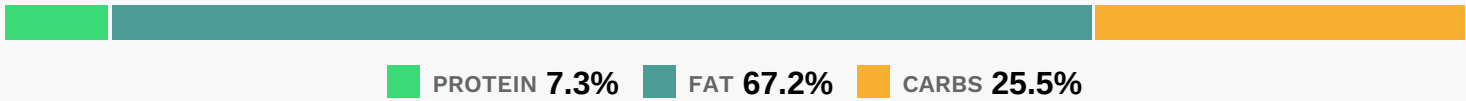
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ mixing bowl
- ☐ wooden spoon

Directions

- ☐ Set a large saute pan over medium heat and add olive oil, sage and thyme sprigs. As the oil heats up the herbs will crackle and fry, infusing the oil.
- ☐ Remove the sage and thyme and set aside on a paper towel to drain – these can be as a garnish, if desired.
- ☐ Add onions to the pan and cook over medium heat for 15 minutes until caramelized. Season with salt and pepper.
- ☐ Remove onions from pan and add apples. Crush the pecans and add to the pan.
- ☐ Add more oil, if needed and season with salt and pepper. Gently saute until pecans are lightly toasted and apples are just cooked slightly – about 3 to 5 minutes. In a large mixing bowl whisk together egg, cream, chicken stock, and salt and pepper, to taste.
- ☐ Add torn sourdough, caramelized onions, apples, pecans and chopped parsley. Using a wooden spoon, mix the stuffing until well combined.
- ☐ Scoop stuffing into cavity of pork crown roast and cook accordingly with roast.

Nutrition Facts



Properties

Glycemic Index:32.31, Glycemic Load:10, Inflammation Score:-7, Nutrition Score:16.372608599455%

Flavonoids

Cyanidin: 3.07mg, Cyanidin: 3.07mg, Cyanidin: 3.07mg, Cyanidin: 3.07mg Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg, Catechin: 2.23mg Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg Epicatechin: 5.29mg, Epicatechin: 5.29mg, Epicatechin: 5.29mg, Epicatechin: 5.29mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg Apigenin: 3.85mg, Apigenin: 3.85mg, Apigenin: 3.85mg, Apigenin: 3.85mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg

Nutrients (% of daily need)

Calories: 366.01kcal (18.3%), Fat: 28.59g (43.99%), Saturated Fat: 7.57g (47.31%), Carbohydrates: 24.42g (8.14%), Net Carbohydrates: 20.13g (7.32%), Sugar: 10.2g (11.34%), Cholesterol: 66.13mg (22.04%), Sodium: 142.88mg (6.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.98g (13.97%), Copper: 2.24mg (111.76%), Manganese: 1.06mg (53.07%), Vitamin K: 35.63µg (33.94%), Vitamin B1: 0.28mg (18.63%), Fiber: 4.29g (17.15%), Selenium: 9.86µg (14.08%), Vitamin B2: 0.23mg (13.59%), Phosphorus: 132.42mg (13.24%), Vitamin A: 597.5IU (11.95%), Iron: 1.85mg (10.26%), Vitamin E: 1.51mg (10.1%), Folate: 40.12µg (10.03%), Magnesium: 39.21mg (9.8%), Vitamin C: 7.63mg (9.25%), Zinc: 1.36mg (9.06%), Vitamin B3: 1.8mg (9.01%), Potassium: 286.89mg (8.2%), Vitamin B6: 0.14mg (7.09%), Calcium: 61.28mg (6.13%), Vitamin B5: 0.52mg (5.18%), Vitamin D: 0.58µg (3.85%), Vitamin B12: 0.18µg (2.96%)