



Apple-Raisin Dressing

READY IN



90 min.

SERVINGS



12

CALORIES



317 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup butter
- ☐ 1 cup celery diced
- ☐ 2.5 cups chicken broth
- ☐ 2 large eggs lightly beaten
- ☐ 1 cup golden raisins
- ☐ 3 cups granny smith apples diced
- ☐ 1 large onion diced
- ☐ 1 cup pecans toasted chopped

- ☐ 2 teaspoons rubbed sage
- ☐ 0.5 teaspoon salt
- ☐ 16 oz herb-seasoned stuffing mix with pepperidge farm

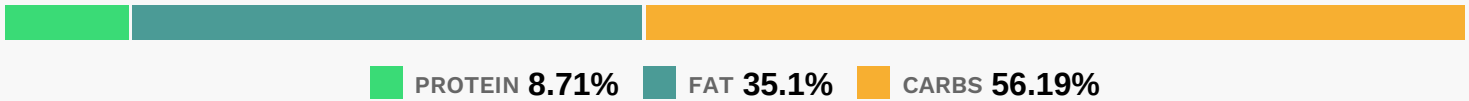
Equipment

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

Directions

- ☐ Melt butter in a large skillet over medium-high heat.
- ☐ Add onion and celery, and saut 10 minutes or until tender.
- ☐ Add apple; saut 3 minutes or until tender. Stir in sage, salt, and pepper.
- ☐ Combine sauted mixture, stuffing, raisins, and pecans in a large bowl.
- ☐ Add chicken broth and eggs; stir well. Spoon dressing into a lightly greased 13" x 9" baking dish.
- ☐ Bake, uncovered, at 325 for 50 to 60 minutes or until well browned.

Nutrition Facts



Properties

Glycemic Index:19.97, Glycemic Load:6.65, Inflammation Score:-5, Nutrition Score:10.985217477964%

Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 2.43mg, Epicatechin: 2.43mg, Epicatechin: 2.43mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Apigenin: 0.24mg, Apigenin:

0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg
Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.47mg,
Kaempferol: 0.47mg, Kaempferol: 0.47mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin:
4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 316.51kcal (15.83%), Fat: 12.69g (19.53%), Saturated Fat: 3.62g (22.6%), Carbohydrates: 45.72g (15.24%),
Net Carbohydrates: 42.04g (15.29%), Sugar: 14.78g (16.42%), Cholesterol: 42.52mg (14.17%), Sodium: 860.86mg
(37.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.17%), Manganese: 0.74mg (36.86%),
Selenium: 21.47µg (30.68%), Vitamin B1: 0.31mg (20.87%), Folate: 76.32µg (19.08%), Vitamin B2: 0.27mg (16.04%),
Fiber: 3.68g (14.72%), Copper: 0.27mg (13.66%), Vitamin B3: 2.61mg (13.05%), Phosphorus: 121.11mg (12.11%), Iron:
2.16mg (11.99%), Potassium: 316.14mg (9.03%), Magnesium: 35.81mg (8.95%), Vitamin B6: 0.16mg (8.22%), Zinc:
0.99mg (6.63%), Calcium: 65.82mg (6.58%), Vitamin K: 5.07µg (4.83%), Vitamin A: 226.13IU (4.52%), Vitamin B5:
0.44mg (4.39%), Vitamin E: 0.59mg (3.9%), Vitamin C: 3.12mg (3.78%), Vitamin B12: 0.1µg (1.66%), Vitamin D: 0.17µg
(1.11%)