



Apple, Sage and Chestnut Stuffing

 Vegetarian

READY IN



45 min.

SERVINGS



15

CALORIES



214 kcal

SIDE DISH

Ingredients

- ☐ 4 cups fuji apples chopped
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 10 cup cubes from whole-grain bread dry assorted toasted (1-inch)
- ☐ 1 cup celery thinly sliced
- ☐ 2 cups honey shelled cooked coarsely chopped
- ☐ 1 large eggs lightly beaten
- ☐ 3.3 cups chicken broth fat-free low-sodium
- ☐ 3 tablespoons flat-leaf parsley finely chopped

- ☐ 2 teaspoons rosemary fresh finely chopped
- ☐ 1 tablespoon sage fresh finely chopped
- ☐ 1 tablespoon thyme leaves fresh finely chopped
- ☐ 1 tablespoon olive oil divided
- ☐ 1.5 cups onion chopped
- ☐ 1 teaspoon salt
- ☐ 4 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 350
- ☐ Coat a 9- x 13-inch baking dish with 2 teaspoons olive oil.
- ☐ Heat remaining 1 teaspoon olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add celery and onion; saut 5 minutes.
- ☐ Add apple, parsley, sage, thyme, and rosemary; saut 3 minutes.
- ☐ Combine apple mixture, bread, and next 5 ingredients (through egg) in a large bowl.
- ☐ Add hot broth; stir well. (
- ☐ Mixture should be moist but not soaked.) Spoon into prepared baking dish. Dot with butter. Cover with foil.
- ☐ Bake at 350 for 30 minutes. Uncover; bake 25 minutes or until top is golden brown.
- ☐ Let stand 15-20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:20.84, Glycemic Load:15.7, Inflammation Score:-7, Nutrition Score:12.2799999901419%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 1.93mg, Apigenin: 1.93mg, Apigenin: 1.93mg, Apigenin: 1.93mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

Nutrients (% of daily need)

Calories: 214kcal (10.7%), Fat: 6.64g (10.21%), Saturated Fat: 2.58g (16.14%), Carbohydrates: 33.41g (11.14%), Net Carbohydrates: 30.58g (11.12%), Sugar: 6.46g (7.18%), Cholesterol: 20.43mg (6.81%), Sodium: 359.4mg (15.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.34%), Copper: 1.4mg (69.99%), Manganese: 0.62mg (30.8%), Vitamin K: 18.77µg (17.88%), Selenium: 11.93µg (17.04%), Vitamin B3: 3.09mg (15.46%), Vitamin C: 12.48mg (15.13%), Vitamin B1: 0.2mg (13.27%), Folate: 52.4µg (13.1%), Fiber: 2.83g (11.32%), Iron: 1.97mg (10.96%), Phosphorus: 89.49mg (8.95%), Vitamin B2: 0.15mg (8.8%), Potassium: 281.81mg (8.05%), Vitamin B6: 0.16mg (8%), Magnesium: 28.09mg (7.02%), Calcium: 69.83mg (6.98%), Vitamin B5: 0.52mg (5.16%), Vitamin A: 256.24IU (5.12%), Zinc: 0.66mg (4.37%), Vitamin E: 0.42mg (2.77%), Vitamin B12: 0.09µg (1.45%)