



Apricot & hazelnut stuffing

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



225 kcal

SIDE DISH

Ingredients

- ☐ 2 large onion chopped
- ☐ 50 g butter
- ☐ 50 g hazelnuts roughly chopped
- ☐ 140 g apricots dried chopped
- ☐ 175 g breadcrumbs fresh white
- ☐ 20 g parsley chopped
- ☐ 1 lemon zest finely grated
- ☐ 1 eggs beaten

☐ 16 servings olive oil for drizzling

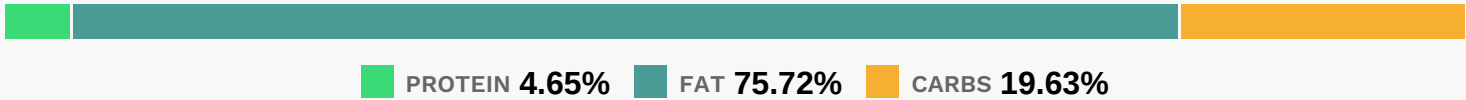
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Fry onions in the butter. Stir in nuts; fry until golden.
- ☐ Remove from the heat, add apricots, breadcrumbs, parsley and lemon zest.
- ☐ Mix in the egg and season. Use half to stuff the neck end of the turkey; shape the rest into balls.
- ☐ Put the balls in a buttered baking dish, then drizzle with oil.
- ☐ Bake for 30 mins until golden, or roast them around the turkey.

Nutrition Facts



Properties

Glycemic Index:10.35, Glycemic Load:0.76, Inflammation Score:-4, Nutrition Score:6.2634782531987%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 2.71mg, Apigenin: 2.71mg, Apigenin: 2.71mg, Apigenin: 2.71mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg, Quercetin: 3.95mg

Nutrients (% of daily need)

Calories: 225.25kcal (11.26%), Fat: 19.34g (29.75%), Saturated Fat: 3.91g (24.42%), Carbohydrates: 11.28g (3.76%), Net Carbohydrates: 9.91g (3.6%), Sugar: 2.46g (2.73%), Cholesterol: 16.95mg (5.65%), Sodium: 105.9mg (4.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.35%), Vitamin K: 30.68µg (29.22%), Vitamin E: 2.69mg

(17.91%), Manganese: 0.33mg (16.36%), Vitamin B1: 0.14mg (9.31%), Vitamin A: 367.96IU (7.36%), Folate: 22.92µg (5.73%), Vitamin C: 4.61mg (5.58%), Fiber: 1.37g (5.48%), Selenium: 3.81µg (5.45%), Iron: 0.96mg (5.31%), Copper: 0.1mg (5%), Vitamin B3: 0.88mg (4.39%), Vitamin B2: 0.07mg (4.2%), Phosphorus: 41.52mg (4.15%), Magnesium: 13.62mg (3.41%), Calcium: 33.69mg (3.37%), Vitamin B6: 0.06mg (3.23%), Potassium: 104.93mg (3%), Zinc: 0.34mg (2.25%), Vitamin B5: 0.18mg (1.85%), Vitamin B12: 0.07µg (1.13%)