



Bacon, Pear & Walnut Stuffing with Maple Drizzle

 Dairy Free

READY IN



40 min.

SERVINGS



16

CALORIES



225 kcal

SIDE DISH

Ingredients

- 12 slices oscar mayer bacon divided
- 0.3 cup maple syrup warmed
- 2 pears fresh chopped
- 12 oz stove top stuffing mix for chicken
- 1 cup planters walnuts toasted chopped

Equipment

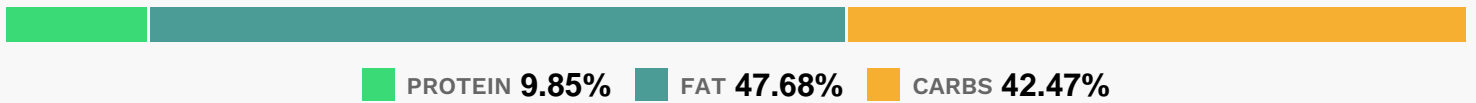
- frying pan

- paper towels
- sauce pan
- slotted spoon

Directions

- Place 3 bacon slices in single layer on bottom of medium skillet. Weave 3 of the remaining bacon slices through bacon slices in skillet to resemble lattice pattern. Cook on medium heat 8 min. or until crisp, turning over after 5 min. Carefully remove bacon from skillet; drain on paper towels.
- Chop remaining bacon slices; cook in same skillet 5 min. or until crisp, stirring occasionally.
- Remove bacon from skillet with slotted spoon; drain on paper towels. Discard drippings.
- Add pears to skillet; cook and stir 5 min. or just until tender.
- Prepare stuffing mixes in large saucepan as directed on package; stir in chopped cooked bacon, pears and nuts. Spoon into serving dish; drizzle with syrup. Top with bacon lattice.

Nutrition Facts



Properties

Glycemic Index:5.83, Glycemic Load:2.33, Inflammation Score:-2, Nutrition Score:6.7508695682754%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 224.97kcal (11.25%), Fat: 12.07g (18.57%), Saturated Fat: 2.83g (17.67%), Carbohydrates: 24.19g (8.06%), Net Carbohydrates: 22.33g (8.12%), Sugar: 7.13g (7.93%), Cholesterol: 11.1mg (3.7%), Sodium: 408.78mg (17.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.23%), Manganese: 0.5mg (25.21%), Selenium: 13.9µg (19.86%), Vitamin B1: 0.2mg (13.55%), Folate: 44.44µg (11.11%), Vitamin B2: 0.18mg (10.58%), Vitamin B3: 2.01mg (10.06%), Copper: 0.19mg (9.6%), Phosphorus: 81.71mg (8.17%), Fiber: 1.86g (7.44%), Iron: 1.14mg (6.31%),

Magnesium: 24.65mg (6.16%), Vitamin B6: 0.12mg (6.1%), Zinc: 0.68mg (4.51%), Potassium: 154.35mg (4.41%), Calcium: 36.1mg (3.61%), Vitamin B5: 0.23mg (2.29%), Vitamin E: 0.23mg (1.53%), Vitamin B12: 0.09µg (1.45%), Vitamin K: 1.41µg (1.34%), Vitamin C: 1.05mg (1.27%)