



Bacon, Pear & Walnut Stuffing with Maple Drizzle

 Dairy Free

READY IN



40 min.

SERVINGS



40

CALORIES



90 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

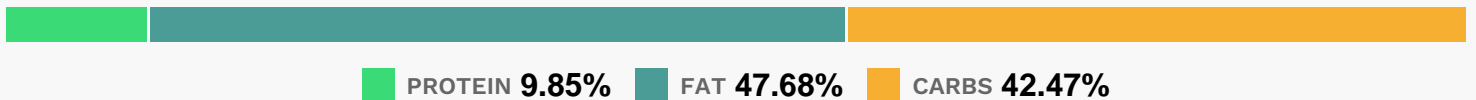
- frying pan

- 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:2.33, Glycemic Load:0.93, Inflammation Score:-1, Nutrition Score:2.7000000055717%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 89.99kcal (4.5%), Fat: 4.83g (7.43%), Saturated Fat: 1.13g (7.07%), Carbohydrates: 9.67g (3.22%), Net Carbohydrates: 8.93g (3.25%), Sugar: 2.85g (3.17%), Cholesterol: 4.44mg (1.48%), Sodium: 163.51mg (7.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.49%), Manganese: 0.2mg (10.08%), Selenium: 5.56µg (7.94%), Vitamin B1: 0.08mg (5.42%), Folate: 17.78µg (4.44%), Vitamin B2: 0.07mg (4.23%), Vitamin B3: 0.8mg (4.02%), Copper: 0.08mg (3.84%), Phosphorus: 32.68mg (3.27%), Fiber: 0.74g (2.98%), Iron: 0.45mg (2.52%), Magnesium:

9.86mg (2.47%), Vitamin B6: 0.05mg (2.44%), Zinc: 0.27mg (1.8%), Potassium: 61.74mg (1.76%), Calcium: 14.44mg (1.44%)