



## Basic Apple and Sage Stuffing

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



8

CALORIES



90 kcal

SIDE DISH

### Ingredients

- 2 medium apples such as gala, pink lady, or golden delicious, medium dice
- 3 medium celery stalks
- 1 tablespoon sage fresh finely chopped
- 8 sprigs thyme sprigs fresh finely chopped
- 4 tablespoons butter unsalted plus more to coat the baking dish ()
- 1.5 cups vegetable broth low-sodium
- 2 medium onion yellow

### Equipment

- bowl
- oven
- knife
- baking pan

## Directions

- Heat the oven to 375°F and arrange a rack in the middle. Coat a 13-by-9-inch baking dish with butter; set aside. Meanwhile, cut the bread into 3/4-inch cubes and place in a large, heatproof bowl; set aside. Melt the measured butter in a large frying pan over medium-high heat until foaming.
- Add the onions and cook, stirring occasionally, until they're just starting to brown, about 5 minutes.
- Add the apples, celery, thyme, and sage and cook, stirring occasionally, until the apples are tender and can be easily pierced with a knife, about 6 minutes.
- Add 1 cup of the stock or broth and bring the mixture to a simmer. Turn off the heat and add the vegetable-apple mixture to the reserved bread cubes. Season with two or three large pinches of salt and two large pinches of pepper, then stir to evenly combine. If the mixture seems too dry, add more stock or broth 1/4 cup at a time (but make sure it doesn't get mushy).
- Transfer the mixture to the prepared baking dish and bake, uncovered, until the top of the stuffing just starts to get brown and crusty, about 30 to 40 minutes.

## Nutrition Facts

**PROTEIN 3.23%** **FAT 55.35%** **CARBS 41.42%**

## Properties

Glycemic Index:17, Glycemic Load:2.28, Inflammation Score:-8, Nutrition Score:6.6421739128621%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate:

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## **Nutrients (% of daily need)**

Calories: 89.97kcal (4.5%), Fat: 5.84g (8.98%), Saturated Fat: 3.65g (22.79%), Carbohydrates: 9.83g (3.28%), Net Carbohydrates: 7.86g (2.86%), Sugar: 6.11g (6.79%), Cholesterol: 15.05mg (5.02%), Sodium: 3.65mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.77g (1.53%), Copper: 2.3mg (115.18%), Fiber: 1.97g (7.87%), Manganese: 0.15mg (7.25%), Vitamin C: 5.78mg (7%), Vitamin A: 254.29IU (5.09%), Potassium: 103.7mg (2.96%), Vitamin B6: 0.06mg (2.82%), Iron: 0.38mg (2.08%), Magnesium: 8.21mg (2.05%), Calcium: 20.3mg (2.03%), Folate: 7.79µg (1.95%), Vitamin K: 2.04µg (1.94%), Vitamin E: 0.25mg (1.69%), Vitamin B2: 0.03mg (1.65%), Phosphorus: 16.36mg (1.64%), Vitamin B1: 0.02mg (1.58%)