



WHATSheATE



Bread-and-Fruit Stuffing



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



401 kcal

SIDE DISH

Ingredients

- ☐ 3 stalks celery with leaves, chopped
- ☐ 1 cup chicken broth
- ☐ 0.5 cup flat-leaf parsley chopped
- ☐ 1.5 cups golden raisins
- ☐ 4 granny smith apples cored peeled cut into 3/4-inch pieces
- ☐ 1.5 cups onion chopped
- ☐ 8 servings salt and pepper
- ☐ 0.3 lb butter unsalted

☐ 1 lb bread white firm cut into 3/4-inch pieces

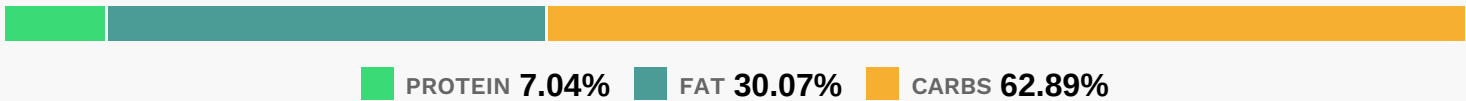
Equipment

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

Directions

- ☐ Preheat oven to 350F. Toast bread on 2 large baking sheets, turning pieces twice, until dry, 18 minutes.
- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add apples, celery and onion, and cook, stirring occasionally until softened, 15 minutes.
- ☐ In a large bowl, combine apple mixture with raisins, bread, broth, parsley, and salt and pepper to taste.
- ☐ Transfer to a large, shallow baking dish or ovenproof serving dish.
- ☐ Drizzle with extra broth, depending on desired moistness; cover tightly with aluminum foil.
- ☐ Bake stuffing for 30 minutes (start about 25 minutes before turkey will be done cooking).
- ☐ Remove foil and bake uncovered for 15 minutes longer.

Nutrition Facts



Properties

Glycemic Index:31.81, Glycemic Load:35.56, Inflammation Score:-7, Nutrition Score:15.092608467392%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg

Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg
Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3–gallate:
0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg
Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg,
Epigallocatechin 3–gallate: 0.17mg Apigenin: 8.51mg, Apigenin: 8.51mg, Apigenin: 8.51mg, Apigenin: 8.51mg Luteolin:
0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin:
1.5mg, Isorhamnetin: 1.5mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg
Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 10.46mg, Quercetin:
10.46mg, Quercetin: 10.46mg, Quercetin: 10.46mg

Nutrients (% of daily need)

Calories: 401.36kcal (20.07%), Fat: 13.96g (21.48%), Saturated Fat: 7.84g (49.01%), Carbohydrates: 65.7g (21.9%),
Net Carbohydrates: 60.25g (21.91%), Sugar: 30.22g (33.58%), Cholesterol: 31.06mg (10.35%), Sodium: 594.26mg
(25.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.72%), Vitamin K: 70.07µg (66.74%),
Manganese: 0.53mg (26.3%), Vitamin B1: 0.33mg (22.14%), Fiber: 5.45g (21.8%), Folate: 83.71µg (20.93%), Selenium:
13.82µg (19.74%), Vitamin B3: 3.29mg (16.47%), Calcium: 162.28mg (16.23%), Iron: 2.85mg (15.84%), Vitamin A:
788.37IU (15.77%), Vitamin C: 12.73mg (15.43%), Vitamin B2: 0.25mg (14.95%), Potassium: 478.83mg (13.68%),
Phosphorus: 124.4mg (12.44%), Vitamin B6: 0.23mg (11.41%), Copper: 0.22mg (11.15%), Magnesium: 36.48mg (9.12%),
Zinc: 0.77mg (5.11%), Vitamin B5: 0.5mg (5.05%), Vitamin E: 0.74mg (4.91%), Vitamin D: 0.21µg (1.42%)