



Bread Dressing with Dried Apricots, Pistachios, and Mint



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



307 kcal

Ingredients

- ☐ 4.5 ounces apricots dried diced
- ☐ 0.8 cup giblet broth (with pomegranate glaze) or low-salt chicken broth
- ☐ 0.5 cup mint leaves fresh coarsely chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 tablespoon lemon zest grated
- ☐ 3 cups onions chopped
- ☐ 2 ounces pistachios
- ☐ 1 cup pomegranate seeds or dried

- ☐ 1.3 teaspoons salt
- ☐ 6 tablespoons butter unsalted

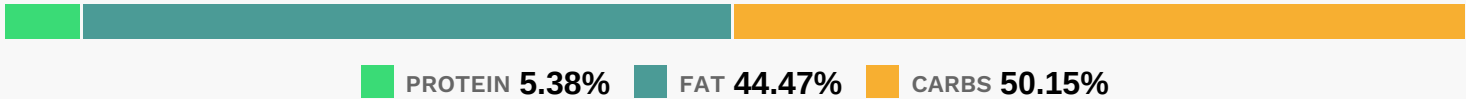
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Butter 8x8x2-inch glass baking dish. Melt 6 tablespoons butter in heavy large skillet over medium-high heat.
- ☐ Add onions and sauté until translucent, about 8 minutes.
- ☐ Transfer to large bowl.
- ☐ Mix in bread cubes, pomegranate seeds, apricots, pistachios, mint, lemon peel, salt, and pepper.
- ☐ Add broth and toss to blend.
- ☐ Transfer to prepared dish. (Can be prepared 2 hours ahead.
- ☐ Let stand at room temperature.)
- ☐ Preheat oven to 350°F.
- ☐ Bake dressing uncovered until heated through and browned on top, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:18.4, Glycemic Load:5.89, Inflammation Score:-8, Nutrition Score:9.1017391888992%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin:

0.34mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg
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0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate:
0.04mg Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg,
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0.21mg, Apigenin: 0.21mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin:
4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol:
0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg,
Myricetin: 0.51mg Quercetin: 17.29mg, Quercetin: 17.29mg, Quercetin: 17.29mg, Quercetin: 17.29mg

Nutrients (% of daily need)

Calories: 307.19kcal (15.36%), Fat: 16.27g (25.04%), Saturated Fat: 7.84g (48.98%), Carbohydrates: 41.3g (13.77%),
Net Carbohydrates: 35.89g (13.05%), Sugar: 30.23g (33.58%), Cholesterol: 30.1mg (10.03%), Sodium: 502.55mg
(21.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.87%), Vitamin A: 1317.68IU (26.35%), Fiber:
5.4g (21.62%), Manganese: 0.39mg (19.36%), Vitamin B6: 0.31mg (15.26%), Potassium: 524.18mg (14.98%), Copper:
0.27mg (13.64%), Vitamin E: 1.91mg (12.72%), Vitamin C: 9.18mg (11.13%), Phosphorus: 101.55mg (10.15%), Vitamin B1:
0.13mg (8.63%), Iron: 1.47mg (8.15%), Magnesium: 31.07mg (7.77%), Vitamin B3: 1.36mg (6.78%), Folate: 27µg
(6.75%), Calcium: 57.87mg (5.79%), Vitamin B2: 0.08mg (4.87%), Vitamin K: 3.77µg (3.59%), Zinc: 0.54mg (3.58%),
Vitamin B5: 0.33mg (3.35%), Selenium: 1.81µg (2.58%), Vitamin D: 0.21µg (1.4%)