



Cheesy Stuffing Cups

READY IN



30 min.

SERVINGS



8

CALORIES



268 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 0.8 cup celery chopped
- 0.3 cup cranberries dried
- 1 eggs beaten
- 1.5 cups cheddar cheese shredded divided kraft
- 6 oz stove top stuffing mix for chicken
- 0.3 cup planters walnuts coarsely chopped
- 1.5 cups water

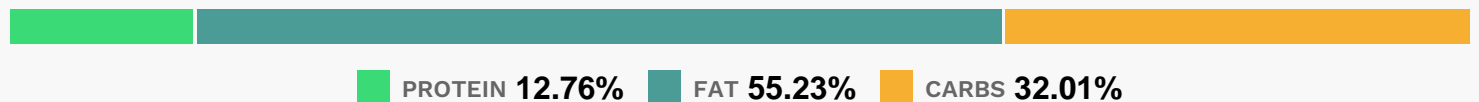
Equipment

- frying pan
- oven
- muffin tray

Directions

- Heat oven to 350F.
- Melt butter in large skillet on medium heat.
- Add celery; cook and stir 5 min. or until crisp-tender. Stir in water. Bring to boil.
- Remove from heat. Stir in stuffing mix, cranberries and nuts.
- Add 1 cup cheese and egg; mix lightly.
- Spoon into 8 muffin pan cups sprayed with cooking spray, mounding stuffing mixture as necessary to fill cups.
- Sprinkle with remaining cheese.
- Bake 10 min. or until stuffing cups are heated through and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:16.13, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:7.9578261090362%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 268.04kcal (13.4%), Fat: 16.66g (25.63%), Saturated Fat: 8.3g (51.87%), Carbohydrates: 21.73g (7.24%), Net Carbohydrates: 20.38g (7.41%), Sugar: 5.74g (6.38%), Cholesterol: 57.11mg (19.04%), Sodium: 500.84mg (21.78%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.32%), Selenium: 18.21µg (26.01%), Calcium: 184.36mg (18.44%), Phosphorus: 154.94mg (15.49%), Manganese: 0.28mg (13.9%), Vitamin B2: 0.22mg (12.89%), Folate: 49.96µg (12.49%), Vitamin B1: 0.15mg (10.04%), Vitamin A: 462.94IU (9.26%), Zinc: 1.19mg (7.92%), Vitamin B3: 1.34mg (6.72%), Copper: 0.13mg (6.66%), Iron: 1.09mg (6.04%), Magnesium: 22.49mg (5.62%), Fiber: 1.34g (5.38%), Vitamin B12: 0.29µg (4.83%), Vitamin K: 4.51µg (4.3%), Vitamin B6: 0.09mg (4.25%), Vitamin E: 0.62mg (4.13%), Potassium: 121.13mg (3.46%), Vitamin B5: 0.32mg (3.19%), Vitamin D: 0.24µg (1.58%)