



Chestnut-and-Oyster Stuffing

READY IN



40 min.

SERVINGS



8

CALORIES



242 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons butter
- ☐ 4 celery stalks chopped
- ☐ 7 ounce roasted chestnuts whole chopped
- ☐ 2 cups chicken broth
- ☐ 0.3 cup cooking sherry dry
- ☐ 12 ounce bread french
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 tablespoon thyme leaves dried fresh
- ☐ 0.1 teaspoon ground pepper

- ☐ 1 teaspoon coarsely ground pepper black
- ☐ 2 onions chopped
- ☐ 8 servings garnish: parsley leaves fresh
- ☐ 1 teaspoon rubbed sage
- ☐ 1 teaspoon salt
- ☐ 1 pint shucked oysters drained

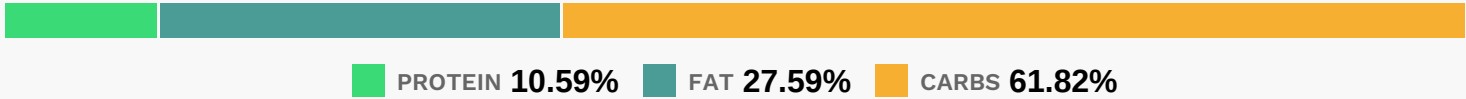
Equipment

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

Directions

- ☐ Preheat oven to 350°F.
- ☐ Slice bread into 1/2-inch slices; cut into 1/2-inch cubes.
- ☐ Spread on a baking sheet, and bake 15 minutes or until lightly toasted.
- ☐ Melt butter in a large skillet over medium-high heat.
- ☐ Add onions and celery; cook, stirring occasionally, 10 minutes or until tender.
- ☐ Add sherry and next 5 ingredients. Cook 5 minutes or until sherry is almost evaporated.
- ☐ Transfer mixture to a large bowl.
- ☐ Stir in parsley and next 3 ingredients, tossing until well-blended.
- ☐ Transfer mixture to a lightly greased 13- x 9-inch baking dish. Cover baking dish with aluminum foil. (May be covered and refrigerated overnight.)
- ☐ Let come to room temperature before baking.)
- ☐ Bake stuffing 40 minutes. Uncover, and bake 15 minutes or until golden brown.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:53.94, Glycemic Load:23.67, Inflammation Score:-9, Nutrition Score:15.936086893082%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 12.74mg, Apigenin: 12.74mg, Apigenin: 12.74mg, Apigenin: 12.74mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg, Myricetin: 0.88mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 242.21kcal (12.11%), Fat: 7.35g (11.3%), Saturated Fat: 3.95g (24.67%), Carbohydrates: 37.04g (12.35%), Net Carbohydrates: 35.22g (12.81%), Sugar: 3.58g (3.98%), Cholesterol: 18.59mg (6.2%), Sodium: 821.68mg (35.73%), Alcohol: 0.77g (100%), Alcohol %: 0.53% (100%), Protein: 6.35g (12.69%), Vitamin K: 98.57µg (93.88%), Vitamin C: 21.31mg (25.83%), Vitamin B1: 0.37mg (24.72%), Manganese: 0.46mg (22.76%), Folate: 82.77µg (20.69%), Zinc: 3.08mg (20.52%), Selenium: 13.81µg (19.72%), Copper: 0.38mg (18.77%), Iron: 2.84mg (15.79%), Vitamin A: 746.28IU (14.93%), Vitamin B2: 0.25mg (14.6%), Vitamin B3: 2.65mg (13.27%), Vitamin B6: 0.18mg (9.16%), Vitamin B12: 0.54µg (9.02%), Potassium: 283.99mg (8.11%), Magnesium: 31.44mg (7.86%), Phosphorus: 78.48mg (7.85%), Fiber: 1.83g (7.31%), Calcium: 55.34mg (5.53%), Vitamin B5: 0.36mg (3.59%), Vitamin E: 0.39mg (2.62%)