



Chestnut and Pear Stuffing

 Dairy Free

Image not found or type unknown

READY IN

ready

80 min.

SERVINGS

servings

10

CALORIES

calories

1198 kcal

SIDE DISH

Ingredients

- ☐ 4 anjou pears peeled cut into 1/2-inch dice
- ☐ 8 ounces bacon cut into 1/4-inch dice
- ☐ 12 cups peasant bread cubed stale crustless
- ☐ 4 ribs celery cut into 1/4-inch dice
- ☐ 8 ounces honey peeled coarsely chopped
- ☐ 4 cups chicken stock see warmed
- ☐ 0.8 cup cranberries dried
- ☐ 2 cups cooking wine dry white

- ☐ 0.3 fennel bulb cut into 1/4-inch dice
- ☐ 3 cloves garlic smashed finely chopped
- ☐ 10 servings kosher salt
- ☐ 10 servings olive oil extra-virgin
- ☐ 2 onions spanish cut into 1/4-inch dice
- ☐ 4 sprigs rosemary finely chopped

Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ roasting pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Coat a wide, straight-sided pan with olive oil and add the bacon. Bring the pan to a medium heat and let the bacon get brown and crispy.
- ☐ Add the celery, onions and fennel and season with salt. Cook the veggies until they get soft and very aromatic, 8 to 10 minutes.
- ☐ Add the rosemary and garlic and cook for 1 to 2 minutes more.
- ☐ Toss in the chestnuts, cranberries and pears, and stir to combine.
- ☐ Add the wine and let it reduce by half.
- ☐ Put the bread in a large mixing bowl and add the cooked veggie mixture to the bread. Stir to combine and douse the bread with half the stock. Use your hands to combine the bread, veggies and stock.
- ☐ Add more stock when/if needed to really saturate the bread. Season with salt and taste it to make sure it is delicious.
- ☐ Use the stuffing to stuff a turkey or pork crown roast, or place in a roasting pan and bake for 35 minutes at 350 degrees F.

Nutrition Facts

 **PROTEIN 12.58%**  **FAT 28.87%**  **CARBS 58.55%**

Properties

Glycemic Index:36.84, Glycemic Load:81.94, Inflammation Score:-8, Nutrition Score:41.985652166864%

Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.94mg, Epicatechin: 2.94mg, Epicatechin: 2.94mg, Epicatechin: 2.94mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.32mg, Isorhamnetin: 1.32mg, Isorhamnetin: 1.32mg, Isorhamnetin: 1.32mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 1197.52kcal (59.88%), Fat: 37.57g (57.8%), Saturated Fat: 7.34g (45.85%), Carbohydrates: 171.43g (57.14%), Net Carbohydrates: 156.54g (56.92%), Sugar: 33.17g (36.86%), Cholesterol: 17.85mg (5.95%), Sodium: 1845.28mg (80.23%), Alcohol: 4.94g (100%), Alcohol %: 1.02% (100%), Protein: 36.82g (73.64%), Manganese: 3.65mg (182.48%), Selenium: 88.95µg (127.08%), Vitamin B3: 18.89mg (94.43%), Vitamin B1: 1.32mg (88.26%), Folate: 276.41µg (69.1%), Iron: 11.25mg (62.5%), Fiber: 14.89g (59.57%), Vitamin B2: 0.87mg (50.91%), Phosphorus: 465.9mg (46.59%), Calcium: 391.48mg (39.15%), Magnesium: 145.19mg (36.3%), Vitamin K: 35.01µg (33.34%), Copper: 0.66mg (33.17%), Vitamin B6: 0.61mg (30.74%), Vitamin B5: 2.72mg (27.23%), Potassium: 879.02mg (25.11%), Zinc: 3.69mg (24.57%), Vitamin E: 3.04mg (20.27%), Vitamin C: 16.09mg (19.5%), Vitamin A: 122.1IU (2.44%), Vitamin B12: 0.11µg (1.89%)