



Chestnut, bacon & cranberry stuffing

 Gluten Free

READY IN



100 min.

SERVINGS



24

CALORIES



68 kcal

SIDE DISH

Ingredients

- ☐ 140 g brown breadcrumbs fresh white
- ☐ 50 g butter
- ☐ 140 g honey cooked peeled roughly chopped
- ☐ 100 g cranberries dried
- ☐ 1 medium eggs lightly beaten
- ☐ 2 tbsp parsley fresh chopped
- ☐ 0.5 tsp thyme leaves fresh chopped
- ☐ 2 garlic cloves chopped

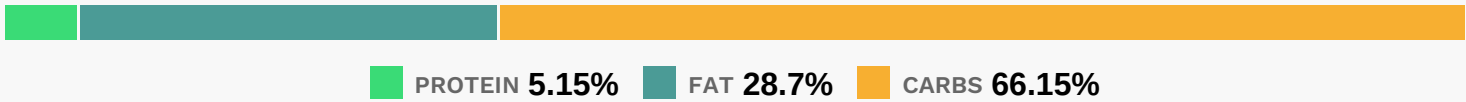
- ☐ 1 small onion chopped
- ☐ 50 ml ruby port
- ☐ 2 rashers unsmoked back bacon cut into strips

Equipment

Directions

- ☐ Soak the cranberries in the port for an hour. Fry the onion and bacon gently in the butter, until the onion is tender and the bacon is cooked.
- ☐ Add the garlic and fry for another minute or so. Cool slightly, then mix with all the remaining ingredients, including the cranberries and port, adding enough egg to bind – I find it easiest to use my hands. Fry a knob of stuffing in a little butter, taste and adjust the seasoning if necessary.

Nutrition Facts



Properties

Glycemic Index:12.36, Glycemic Load:3.97, Inflammation Score:-2, Nutrition Score:2.2939130365849%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Malvidin: 2mg, Malvidin: 2mg, Malvidin: 2mg, Malvidin: 2mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Apigenin: 0.68mg, Apigenin: 0.68mg, Apigenin: 0.68mg, Apigenin: 0.68mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 68.12kcal (3.41%), Fat: 2.15g (3.31%), Saturated Fat: 1.18g (7.38%), Carbohydrates: 11.15g (3.72%), Net Carbohydrates: 10.67g (3.88%), Sugar: 3.33g (3.7%), Cholesterol: 11.34mg (3.78%), Sodium: 17.84mg (0.78%), Alcohol: 0.32g (100%), Alcohol %: 1.61% (100%), Protein: 0.87g (1.74%), Manganese: 0.26mg (13.04%), Vitamin K: 5.68µg (5.41%), Vitamin C: 3.1mg (3.75%), Vitamin B6: 0.06mg (3.11%), Magnesium: 11.26mg (2.82%), Vitamin B1:

0.04mg (2.47%), Copper: 0.05mg (2.4%), Phosphorus: 23.9mg (2.39%), Fiber: 0.49g (1.95%), Vitamin A: 91.03IU (1.82%), Vitamin B3: 0.36mg (1.8%), Potassium: 58.29mg (1.67%), Folate: 6.53µg (1.63%), Vitamin B5: 0.16mg (1.62%), Iron: 0.25mg (1.37%), Zinc: 0.19mg (1.27%), Vitamin E: 0.16mg (1.06%)