



Chestnut, Leek, and Apple Stuffing

 Vegetarian

READY IN



300 min.

SERVINGS



8

CALORIES



461 kcal

SIDE DISH

Ingredients

- ☐ 6 cups unseasoned bread cubes white () (preferably from a pullman loaf; crust discarded)
- ☐ 2 celery ribs sliced
- ☐ 14 ounces bottled roasted chestnuts peeled halved
- ☐ 0.5 cup flat-leaf parsley chopped
- ☐ 2 granny smith apples peeled cut into 1/2-inch cubes
- ☐ 1 cup heavy cream
- ☐ 3 large leeks white green cut into 1-inch pieces (4 cups) (and pale parts only)
- ☐ 1 teaspoon thyme leaves chopped

☐ 1 stick butter unsalted

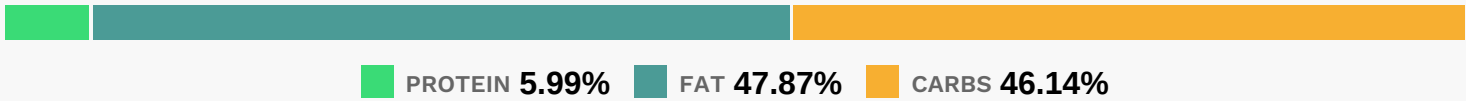
Equipment

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

Directions

- ☐ Preheat oven to 350°F with racks in upper and lower thirds.
- ☐ Bake bread cubes in a large 4-sided sheet pan in upper third of oven until dried slightly, about 15 minutes. (Alternatively, leave out to dry at room temperature 8 to 24 hours.)
- ☐ Increase oven temperature to 450°F.
- ☐ Meanwhile, wash leeks.
- ☐ Melt butter in a 12-inch heavy skillet over medium heat, then cook leeks and celery, covered, stirring occasionally, until softened, about 10 minutes.
- ☐ Add thyme, apples, 1 teaspoon salt, and 1/2 teaspoon pepper and cook, covered, stirring occasionally, until apples are just tender, about 5 minutes.
- ☐ Transfer to a bowl and toss with bread, chestnuts, cream, parsley, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Spread in a 2 1/2-to 3-quart shallow baking dish.
- ☐ Bake, uncovered, in lower third of oven until heated through and top is golden, about 30 minutes.
- ☐ Stuffing can be assembled (but not baked) 1 day ahead and chilled (covered once cool). Bring to room temperature before baking.

Nutrition Facts



Properties

Glycemic Index:35.71, Glycemic Load:25.59, Inflammation Score:-9, Nutrition Score:18.379565280417%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg, Apigenin: 8.11mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 460.51kcal (23.03%), Fat: 24.93g (38.36%), Saturated Fat: 14.54g (90.88%), Carbohydrates: 54.06g (18.02%), Net Carbohydrates: 50.52g (18.37%), Sugar: 9.36g (10.4%), Cholesterol: 63.99mg (21.33%), Sodium: 219.29mg (9.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.04%), Vitamin K: 82.48µg (78.55%), Manganese: 0.86mg (42.8%), Vitamin C: 31.72mg (38.45%), Vitamin A: 1717.25IU (34.34%), Folate: 94.99µg (23.75%), Selenium: 13.47µg (19.24%), Vitamin B1: 0.28mg (18.8%), Iron: 3.04mg (16.91%), Copper: 0.33mg (16.74%), Vitamin B6: 0.33mg (16.67%), Vitamin B3: 3.15mg (15.76%), Fiber: 3.55g (14.19%), Potassium: 464.65mg (13.28%), Magnesium: 48.47mg (12.12%), Vitamin B2: 0.2mg (11.87%), Calcium: 113.96mg (11.4%), Phosphorus: 113.04mg (11.3%), Vitamin B5: 0.76mg (7.65%), Vitamin E: 1.1mg (7.34%), Zinc: 0.87mg (5.79%), Vitamin D: 0.69µg (4.59%), Vitamin B12: 0.07µg (1.19%)