



# Chestnut Stuffing

READY IN

ready

125 min.

SERVINGS

servings

12

CALORIES

calories

505 kcal

SIDE DISH

## Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 rib celery chopped
- ☐ 1 pound honey fresh
- ☐ 8 cups coarse breadcrumbs fresh
- ☐ 4 cups cornbread diced
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup flat-leaf parsley leaves fresh chopped
- ☐ 0.3 cup sage leaves fresh chopped
- ☐ 1 teaspoon kosher salt

- ☐ 1 turkey liver cleaned finely chopped
- ☐ 1 cup turkey stock low-sodium homemade store bought
- ☐ 1 cup butter unsalted plus more for baking dish 2 sticks
- ☐ 1 extra large onion yellow chopped

## Equipment

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

## Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 450 degrees F.
- ☐ Cut an X into the round end of each chestnut, place on a rimmed baking sheet, put in the oven and add 1/4 cup water to the pan. Roast for 10 minutes; the shells should peel back where cut.
- ☐ Remove from the oven, let cool for a minute or two, and then peel while the chestnuts are still warm. Chop coarsely.
- ☐ Decrease the oven temperature to 350 degrees F.
- ☐ Spread the breadcrumbs on a baking sheet and bake until dry and golden, about 15 minutes. Put in a large bowl with the chestnuts and cornbread.
- ☐ In a large saute pan over medium heat, melt the butter, and then add the celery, onions, and chopped liver, and cook until the vegetables are soft, about 8 minutes.
- ☐ Add to the bowl with the chestnuts.
- ☐ Stir in the chicken stock, parsley, sage, salt, pepper and eggs. Spoon into a buttered 3-quart baking dish and bake, covered, for 30 minutes. Uncover and bake until browned, about 30 minutes.

## Nutrition Facts



 **PROTEIN 7.28%**  **FAT 44.19%**  **CARBS 48.53%**

Properties

Glycemic Index:14.75, Glycemic Load:9.23, Inflammation Score:-9, Nutrition Score:22.46260881424%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 504.73kcal (25.24%), Fat: 24.9g (38.31%), Saturated Fat: 13.23g (82.66%), Carbohydrates: 61.54g (20.51%), Net Carbohydrates: 59.45g (21.62%), Sugar: 13.38g (14.87%), Cholesterol: 151.8mg (50.6%), Sodium: 76170.79mg (3311.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.23g (18.47%), Vitamin A: 3112.57IU (62.25%), Copper: 1.19mg (59.68%), Vitamin K: 45.53µg (43.36%), Phosphorus: 376.64mg (37.66%), Folate: 132.79µg (33.2%), Vitamin B12: 1.93µg (32.2%), Manganese: 0.57mg (28.66%), Vitamin C: 21.36mg (25.9%), Vitamin B2: 0.4mg (23.41%), Selenium: 16.01µg (22.88%), Iron: 3.6mg (20.02%), Calcium: 179.53mg (17.95%), Vitamin B3: 3.3mg (16.5%), Vitamin B6: 0.33mg (16.35%), Vitamin B1: 0.24mg (15.99%), Vitamin B5: 1.33mg (13.31%), Potassium: 387.4mg (11.07%), Zinc: 1.39mg (9.27%), Magnesium: 33.58mg (8.4%), Fiber: 2.08g (8.34%), Vitamin E: 0.98mg (6.51%), Vitamin D: 0.56µg (3.73%)