

Chestnut Stuffing

READY IN



105 min.

SERVINGS



16

CALORIES



360 kcal

SIDE DISH

Ingredients

- 2 pound bread cubed
- 2 cups honey
- 3 eggs
- 1.5 cups butter
- 0.3 cup milk
- 0.5 cup onion chopped
- 0.3 teaspoon pepper
- 2 teaspoons poultry seasoning
- 1 teaspoon salt

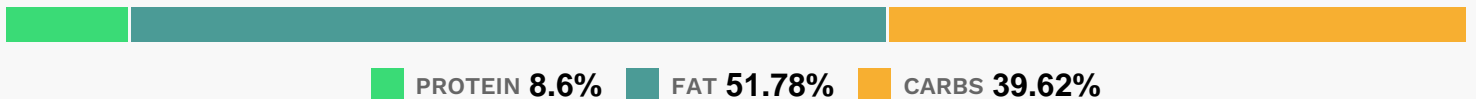
Equipment

- bowl
- sauce pan
- oven
- knife
- baking pan

Directions

- With a sharp knife, cut slits in the surface of the chestnuts.
- Place chestnuts in a medium saucepan with enough water to cover, and bring to a boil. Cook 25 minutes, or until tender.
- Drain, peel, and chop.
- Preheat oven to 350 degrees F (175 degrees C).
- Melt margarine in a medium saucepan over medium heat. Stir in chestnuts, onion, salt, pepper, and poultry seasoning, and cook until onions are tender, about 3 minutes.
- Transfer to a medium baking dish, and mix with the cubed bread.
- In a small bowl, beat together eggs and milk, and drizzle over the cubed bread mixture.
- Bake 30 to 45 minutes in the preheated oven, until surface is crisp and lightly browned.

Nutrition Facts



Properties

Glycemic Index:13.1, Glycemic Load:18.91, Inflammation Score:-6, Nutrition Score:11.014782522036%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 360.33kcal (18.02%), Fat: 20.85g (32.08%), Saturated Fat: 4.33g (27.07%), Carbohydrates: 35.91g (11.97%), Net Carbohydrates: 33.52g (12.19%), Sugar: 3.68g (4.09%), Cholesterol: 31.15mg (10.38%), Sodium: 628.01mg (27.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.8g (15.59%), Manganese: 0.77mg (38.32%), Selenium: 18.98µg (27.11%), Vitamin B1: 0.27mg (17.96%), Vitamin B3: 3.4mg (16.98%), Vitamin A: 824.59IU (16.49%), Folate: 63.95µg (15.99%), Iron: 2.46mg (13.65%), Vitamin B2: 0.2mg (11.67%), Phosphorus: 106.94mg (10.69%), Fiber: 2.39g (9.56%), Calcium: 93.83mg (9.38%), Vitamin C: 7.74mg (9.38%), Copper: 0.17mg (8.46%), Magnesium: 31.81mg (7.95%), Vitamin B6: 0.15mg (7.68%), Vitamin B5: 0.72mg (7.15%), Potassium: 201.96mg (5.77%), Vitamin E: 0.86mg (5.74%), Zinc: 0.82mg (5.44%), Vitamin K: 4.9µg (4.67%), Vitamin B12: 0.12µg (1.92%), Vitamin D: 0.21µg (1.38%)