



Chorizo and Cranberry Stuffing

 Dairy Free

READY IN



20 min.

SERVINGS



14

CALORIES



153 kcal

SIDE DISH

Ingredients

- 0.5 lb mexican chorizo
- 0.5 cup cranberries dried
- 0.3 cup cilantro leaves fresh chopped
- 12 oz stove top stuffing mix for chicken

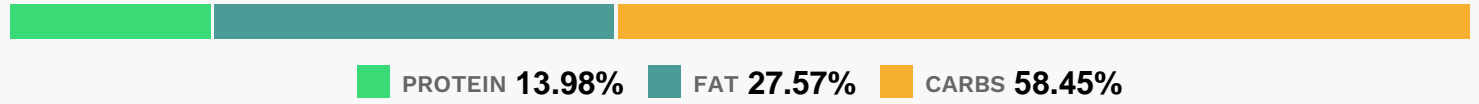
Equipment

- frying pan
- sauce pan

Directions

- Cook chorizo in skillet until done, stirring occasionally; drain.
- Prepare stuffing mixes in large saucepan as directed on package.
- Add chorizo, cranberries and cilantro to stuffing; mix well.

Nutrition Facts



Properties

Glycemic Index:4.29, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:3.948260884894%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 153.48kcal (7.67%), Fat: 4.63g (7.13%), Saturated Fat: 1.66g (10.35%), Carbohydrates: 22.11g (7.37%), Net Carbohydrates: 21.1g (7.67%), Sugar: 5.15g (5.73%), Cholesterol: 10.37mg (3.46%), Sodium: 341.92mg (14.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.58%), Selenium: 11.69µg (16.7%), Folate: 41µg (10.25%), Vitamin B1: 0.15mg (9.71%), Manganese: 0.16mg (7.85%), Vitamin B3: 1.43mg (7.14%), Iron: 1.26mg (7%), Vitamin B2: 0.1mg (5.87%), Fiber: 1.01g (4.06%), Phosphorus: 34.75mg (3.47%), Copper: 0.06mg (3.06%), Magnesium: 9.97mg (2.49%), Calcium: 24.15mg (2.42%), Vitamin B6: 0.04mg (1.95%), Potassium: 63.39mg (1.81%), Vitamin A: 77.62IU (1.55%), Zinc: 0.23mg (1.54%), Vitamin K: 1.48µg (1.41%), Vitamin E: 0.19mg (1.27%), Vitamin B5: 0.11mg (1.08%)