



Ciabatta Stuffing with Chestnuts and Raisins

 Dairy Free

READY IN



85 min.

SERVINGS



12

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 cups celery chopped
- ☐ 2 cups bottled chestnuts peeled finely chopped
- ☐ 10 cup ciabatta bread cubed (1-inch) (14 ounces)
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup flat-leaf parsley fresh coarsely chopped
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 tablespoon sage fresh chopped

- ☐ 0.5 cup golden raisins
- ☐ 3 cups lower-sodium chicken broth fat-free
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon salt

Equipment

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

Directions

- ☐ Preheat oven to 350
- ☐ Arrange bread in a single layer on a baking sheet.
- ☐ Bake at 350 for 25 minutes or until golden.
- ☐ Place bread in a large bowl.
- ☐ Heat a large skillet over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add celery and next 6 ingredients (through salt) to pan; cook 15 minutes or until vegetables are tender, stirring occasionally.
- ☐ Add celery mixture, chestnuts, and raisins to bread; toss well.
- ☐ Combine chicken broth and egg, stirring with a whisk.
- ☐ Add broth mixture to bread mixture, tossing gently to combine. Spoon bread mixture into a 13 x 9-inch glass or ceramic baking dish coated with cooking spray.
- ☐ Bake at 350 for 50 minutes or until top is lightly browned.

Nutrition Facts



 **PROTEIN 11.07%**  **FAT 18.55%**  **CARBS 70.38%**

Properties

Glycemic Index:19.47, Glycemic Load:8.64, Inflammation Score:-4, Nutrition Score:9.6065218319064%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg, Apigenin: 5.75mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 157.88kcal (7.89%), Fat: 3.31g (5.09%), Saturated Fat: 0.64g (4.03%), Carbohydrates: 28.26g (9.42%), Net Carbohydrates: 27.17g (9.88%), Sugar: 4.35g (4.83%), Cholesterol: 15.5mg (5.17%), Sodium: 292.06mg (12.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.89%), Copper: 1.66mg (82.76%), Vitamin K: 46.52µg (44.3%), Vitamin C: 14.51mg (17.59%), Potassium: 356.7mg (10.19%), Manganese: 0.2mg (9.81%), Vitamin B6: 0.14mg (6.94%), Folate: 27.04µg (6.76%), Vitamin A: 301.58IU (6.03%), Fiber: 1.09g (4.36%), Iron: 0.7mg (3.9%), Magnesium: 14.88mg (3.72%), Phosphorus: 33.03mg (3.3%), Vitamin B1: 0.05mg (3.27%), Vitamin E: 0.44mg (2.96%), Vitamin B2: 0.05mg (2.86%), Calcium: 25.86mg (2.59%), Vitamin B5: 0.25mg (2.46%), Vitamin B3: 0.43mg (2.13%), Selenium: 1.45µg (2.06%), Zinc: 0.27mg (1.78%)