



## Corn Bread Stuffing With Cranberries

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



132 kcal

SIDE DISH

### Ingredients

- 0.5 teaspoon pepper black
- 1 loaf corn bread cut into 1/2-inch cubes (use our recipe at [health.com](https://www.health.com), or your favorite mix)
- 1.5 cups cranberries dried
- 1.5 cups less-sodium chicken broth fat-free
- 0.5 cup flat-leaf parsley fresh chopped
- 2 tablespoons olive oil extra-virgin plus more for baking
- 4 cups onions chopped
- 1 cup pecans coarsely chopped

0.3 teaspoon salt

## Equipment

bowl

frying pan

oven

baking pan

roasting pan

aluminum foil

## Directions

If time allows, leave corn bread out for a day to become stale. If not, bake in a roasting pan for 20 minutes at 300, shaking pan occasionally.

Toast nuts in a large skillet over medium heat until aromatic (about 5 minutes), shaking pan occasionally; transfer to a bowl.

Heat oil in pan; add onion and cook, stirring occasionally, until onion is translucent (5-10 minutes).

Add onion, corn bread, and next 5 ingredients to bowl with nuts.

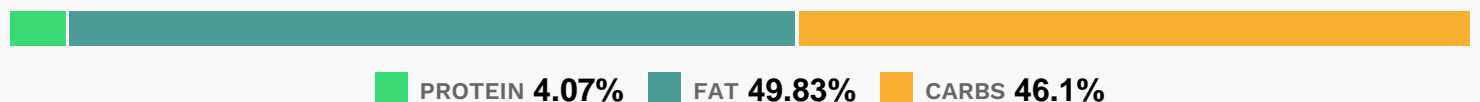
Preheat oven to 35

Coat a 13- x 9-inch baking dish lightly with cooking spray.

Place corn bread mixture in dish; cover with foil and bake for 15 minutes, then uncover and bake another 20 minutes or until top is lightly browned and stuffing is thoroughly heated.

Serve with turkey and gravy.

## Nutrition Facts



## Properties

Glycemic Index:7.21, Glycemic Load:1.01, Inflammation Score:-4, Nutrition Score:5.7213042482086%

## Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Apigenin: 4.62mg, Apigenin: 4.62mg, Apigenin: 4.62mg, Apigenin: 4.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 9.87mg, Quercetin: 9.87mg, Quercetin: 9.87mg, Quercetin: 9.87mg

## Nutrients (% of daily need)

Calories: 131.92kcal (6.6%), Fat: 7.86g (12.09%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 16.36g (5.45%), Net Carbohydrates: 14.06g (5.11%), Sugar: 11.74g (13.05%), Cholesterol: 0.04mg (0.01%), Sodium: 145.16mg (6.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.89%), Vitamin K: 37.91µg (36.1%), Manganese: 0.46mg (22.96%), Fiber: 2.3g (9.21%), Vitamin C: 6.34mg (7.69%), Copper: 0.13mg (6.41%), Vitamin B1: 0.08mg (5.19%), Vitamin E: 0.7mg (4.64%), Vitamin B6: 0.08mg (4.09%), Phosphorus: 40.17mg (4.02%), Magnesium: 15.96mg (3.99%), Vitamin A: 186.3IU (3.73%), Potassium: 125.27mg (3.58%), Folate: 13.95µg (3.49%), Zinc: 0.47mg (3.15%), Iron: 0.53mg (2.95%), Calcium: 21.52mg (2.15%), Vitamin B2: 0.03mg (1.97%), Vitamin B5: 0.19mg (1.91%), Vitamin B3: 0.38mg (1.91%), Selenium: 1.15µg (1.64%)