



Country Harvest Stuffing



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



426 kcal

SIDE DISH

Ingredients

- ☐ 4 cups bread french cubed prepared
- ☐ 1 cup celery chopped
- ☐ 1 cup chicken broth
- ☐ 0.8 cup cranberries dried
- ☐ 1 tablespoon thyme dried
- ☐ 1 tablespoon garlic finely minced
- ☐ 4 tablespoons olive oil
- ☐ 0.8 cup pecans chopped

- ☐ 0.5 cup prune- cut to pieces pitted quartered
- ☐ 1 cup onion red chopped
- ☐ 2 teaspoons sage dried crumbled

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 350°F.
- ☐ Place the bread cubes in a large bowl and toss with 2 tablespoons olive oil, thyme, salt, and pepper to taste.
- ☐ Spread the bread cubes on two baking sheets and bake for 15 to 20 minutes or until lightly toasted, shaking pans occasionally. Return to the bowl.
- ☐ Brown the sausage in a heavy pan over medium heat. Using a slotted spoon, remove the sausage to the bowl, discarding any fat.
- ☐ Place the remaining 2 tablespoons olive oil in the pan and sauté the onions, celery, garlic, and sage over medium-low heat for 15 to 20 minutes or until wilted, stirring often.
- ☐ Combine with the bread cubes, cranberries, pecans, and prunes.
- ☐ Drizzle the broth over the mixture to moisten as desired, then toss well. Season with salt and pepper.
- ☐ Bake, covered with aluminum foil, in an oven-to-table dish at 350°F for 30 to 45 minutes.
- ☐ Serve from the dish.
- ☐ Per serving: 330 calories, 33g carbohydrates, 12g protein, 18g fat, 40mg cholesterol
- ☐ Other

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:26.07, Inflammation Score:-7, Nutrition Score:20.359565199069%

Flavonoids

Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg, Cyanidin: 0.99mg Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 426.28kcal (21.31%), Fat: 16.04g (24.68%), Saturated Fat: 1.99g (12.44%), Carbohydrates: 61.66g (20.55%), Net Carbohydrates: 55.36g (20.13%), Sugar: 16.59g (18.43%), Cholesterol: 0.47mg (0.16%), Sodium: 544.65mg (23.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.58g (23.16%), Manganese: 1.67mg (83.63%), Copper: 1.5mg (75%), Selenium: 27.99µg (39.99%), Vitamin B1: 0.47mg (31.19%), Vitamin B3: 5.73mg (28.63%), Fiber: 6.3g (25.19%), Iron: 4.38mg (24.36%), Vitamin K: 24.06µg (22.91%), Folate: 90.38µg (22.6%), Vitamin B2: 0.29mg (17.34%), Phosphorus: 161.63mg (16.16%), Calcium: 148.92mg (14.89%), Magnesium: 57.33mg (14.33%), Zinc: 1.5mg (10%), Vitamin B5: 0.95mg (9.54%), Vitamin E: 1.4mg (9.33%), Vitamin B6: 0.18mg (9.11%), Potassium: 297.17mg (8.49%), Vitamin C: 2.3mg (2.78%), Vitamin A: 135.83IU (2.72%)