



Cranberry and Chestnut Dressing

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



235 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 cup bottled chestnuts coarsely chopped
- 1 cup cranberries dried
- 0.3 cup cooking wine dry white
- 2.3 cups less-sodium chicken broth fat-free
- 1 tablespoon sage fresh chopped
- 3 garlic cloves minced
- 8 ounces bread french italian

- 1 cup onion chopped
- 5 ounces pancetta chopped
- 0.3 teaspoon salt

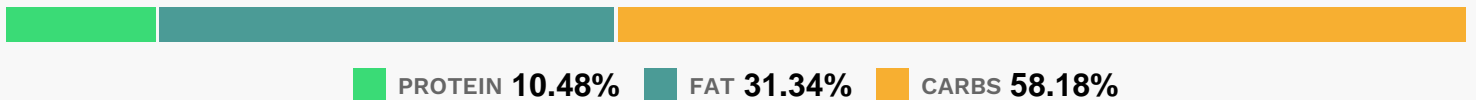
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 400.
- Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- Add onion, pancetta, and garlic; cook 8 minutes or until onion is tender and pancetta is browned, stirring frequently. Stir in wine; cook until liquid evaporates, scraping pan to loosen browned bits.
- Remove from heat.
- Add cranberries, chestnuts, sage, salt, and pepper to pancetta mixture; stir until combined.
- Combine pancetta mixture and bread in a large bowl.
- Pour broth over bread mixture; toss to combine. Spoon into an 11 x 7-inch baking dish coated with cooking spray.
- Bake at 400 for 30 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:29.81, Glycemic Load:14.03, Inflammation Score:-3, Nutrition Score:11.281304376281%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg

Nutrients (% of daily need)

Calories: 234.81kcal (11.74%), Fat: 8.17g (12.57%), Saturated Fat: 2.57g (16.07%), Carbohydrates: 34.13g (11.38%), Net Carbohydrates: 32.27g (11.73%), Sugar: 13.34g (14.82%), Cholesterol: 11.69mg (3.9%), Sodium: 624.1mg (27.13%), Alcohol: 0.77g (100%), Alcohol %: 0.59% (100%), Protein: 6.15g (12.3%), Copper: 2.4mg (119.77%), Selenium: 13.44µg (19.19%), Vitamin B1: 0.28mg (18.91%), Manganese: 0.36mg (18.19%), Vitamin B3: 2.66mg (13.28%), Folate: 44.61µg (11.15%), Vitamin B2: 0.16mg (9.6%), Iron: 1.59mg (8.81%), Vitamin B6: 0.17mg (8.28%), Phosphorus: 76.16mg (7.62%), Fiber: 1.86g (7.44%), Vitamin C: 5.45mg (6.61%), Potassium: 181.17mg (5.18%), Magnesium: 19.54mg (4.88%), Zinc: 0.65mg (4.31%), Vitamin B5: 0.38mg (3.81%), Vitamin B12: 0.22µg (3.6%), Calcium: 33.79mg (3.38%), Vitamin E: 0.46mg (3.06%), Vitamin K: 1.58µg (1.51%)