



Cranberry Nut Stuffing

READY IN



90 min.

SERVINGS



12

CALORIES



343 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup almonds chopped
- ☐ 0.5 cup butter
- ☐ 1 cup celery chopped
- ☐ 14.5 ounce chicken broth canned
- ☐ 0.5 cup cranberries frozen chopped
- ☐ 2 egg whites beaten
- ☐ 1 pound bread french
- ☐ 1 cup onion chopped
- ☐ 0.5 cup pecans chopped

- ☐ 1 tablespoon rubbed sage to taste
- ☐ 0.5 cup walnuts chopped

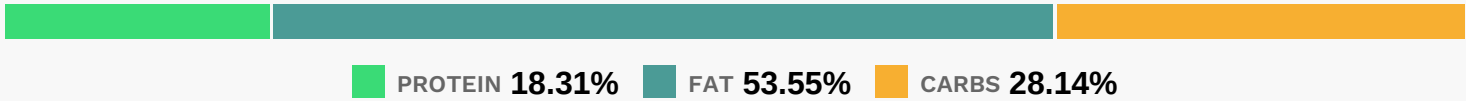
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking pan
- ☐ microwave

Directions

- ☐ Melt butter in a large skillet over medium heat. Cook celery in butter until almost tender.
- ☐ Add onions, and cook until lightly browned and tender. Set aside.
- ☐ Place the pieces of bread into a large glass or ceramic bowl, and sprinkle liberally with rubbed sage.
- ☐ Heat bread in the microwave for 2 minutes, then heat for 10 seconds at a time until bread is crispy.
- ☐ Remove from the microwave, and add the egg whites, cranberries, walnuts, almonds and pecans toss lightly to distribute.
- ☐ Add the onion and celery with the butter, and toss lightly while moistening to your desired consistency with chicken broth.
- ☐ Use this to stuff a turkey, or transfer to a 9x13 inch baking dish.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:15.74, Inflammation Score:-6, Nutrition Score:12.126087105145%

Flavonoids

Cyanidin: 2.7mg, Cyanidin: 2.7mg, Cyanidin: 2.7mg, Cyanidin: 2.7mg Delphinidin: 0.65mg, Delphinidin: 0.65mg, Delphinidin: 0.65mg, Delphinidin: 0.65mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 2.05mg, Peonidin:

2.05mg, Peonidin: 2.05mg, Peonidin: 2.05mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 343.32kcal (17.17%), Fat: 20.84g (32.07%), Saturated Fat: 6.66g (41.62%), Carbohydrates: 24.65g (8.22%), Net Carbohydrates: 21.73g (7.9%), Sugar: 3.21g (3.57%), Cholesterol: 37.46mg (12.49%), Sodium: 469.31mg (20.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.04g (32.07%), Manganese: 0.75mg (37.58%), Selenium: 18.97µg (27.11%), Vitamin B1: 0.34mg (22.5%), Vitamin B2: 0.31mg (18.34%), Phosphorus: 159.72mg (15.97%), Folate: 62.12µg (15.53%), Vitamin B3: 3.03mg (15.16%), Vitamin E: 2.12mg (14.16%), Copper: 0.28mg (14.04%), Iron: 2.51mg (13.93%), Magnesium: 51.85mg (12.96%), Zinc: 1.85mg (12.31%), Fiber: 2.92g (11.67%), Vitamin B6: 0.18mg (8.95%), Vitamin K: 7.59µg (7.23%), Vitamin A: 350.97IU (7.02%), Potassium: 237.32mg (6.78%), Calcium: 60.58mg (6.06%), Vitamin B12: 0.36µg (6.05%), Vitamin B5: 0.29mg (2.9%), Vitamin C: 2mg (2.42%)