



Cranberry-Orange-Pecan Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



138 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 rib celery stalks diced
- ☐ 0.3 cup cranberries chopped
- ☐ 0.5 teaspoon thyme dried
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 medium onion diced
- ☐ 2 tablespoons orange juice
- ☐ 0.3 cup orange sections chopped

- ☐ 0.8 cup pecans toasted chopped
- ☐ 0.5 teaspoon rubbed sage
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 2 sandwich bread white toasted cut into 1/2-inch pieces

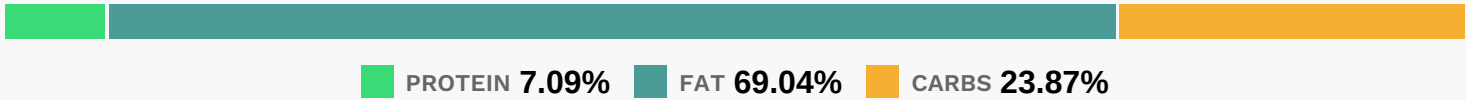
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Melt butter in a large saucepan over medium heat; add onion and celery, and saut until onion is tender. Stir in pecans and next 3 ingredients; remove from heat.
- ☐ Combine bread pieces and next 3 ingredients in a bowl, and add to cranberry mixture, stirring until mixture is combined. Stir in egg and orange juice.

Nutrition Facts



Properties

Glycemic Index:44.17, Glycemic Load:4.11, Inflammation Score:-4, Nutrition Score:4.8865218188452%

Flavonoids

Cyanidin: 3.03mg, Cyanidin: 3.03mg, Cyanidin: 3.03mg, Cyanidin: 3.03mg Delphinidin: 1.06mg, Delphinidin: 1.06mg, Delphinidin: 1.06mg, Delphinidin: 1.06mg 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: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 2.55mg, Hesperetin: 2.55mg, Hesperetin: 2.55mg, Hesperetin: 2.55mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 137.7kcal (6.88%), Fat: 11.03g (16.98%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 6.98g (2.54%), Sugar: 3.79g (4.21%), Cholesterol: 23.25mg (7.75%), Sodium: 217.69mg (9.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.1%), Manganese: 0.53mg (26.54%), Vitamin C: 7.37mg (8.93%), Vitamin B1: 0.12mg (7.76%), Copper: 0.15mg (7.3%), Fiber: 1.61g (6.44%), Selenium: 3.85µg (5.5%), Phosphorus: 52.96mg (5.3%), Folate: 17.31µg (4.33%), Magnesium: 17.26mg (4.31%), Zinc: 0.63mg (4.18%), Vitamin A: 196.61IU (3.93%), Iron: 0.7mg (3.89%), Vitamin B2: 0.07mg (3.87%), Calcium: 31.76mg (3.18%), Vitamin B6: 0.06mg (2.78%), Potassium: 96.04mg (2.74%), Vitamin E: 0.41mg (2.72%), Vitamin B5: 0.27mg (2.69%), Vitamin B3: 0.48mg (2.39%), Vitamin K: 1.88µg (1.79%)