



Cranberry Pecan Dressing

 Dairy Free

READY IN



65 min.

SERVINGS



12

CALORIES



333 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter
- 1.5 cups celery stalks chopped
- 1 cup onion chopped
- 1 cup cranberries dried sweetened
- 1 cup pecans chopped
- 1 tablespoon sage fresh chopped
- 0.5 teaspoon salt
- 0.5 teaspoon pepper freshly ground

- 10 small croissants cut into 1-inch pieces (7 cups)
- 8 oz bread french cut into 1-inch pieces (7 cups)
- 2 cups chicken broth (from 32-oz carton)
- 2 eggs slightly beaten

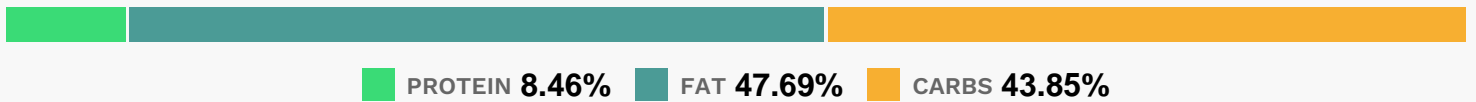
Equipment

- bowl
- frying pan
- oven
- baking pan
- glass baking pan

Directions

- Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.
- In 12-inch skillet, melt butter over medium heat. Cook celery and onion in butter 8 to 10 minutes, stirring occasionally, until tender. Stir in cranberries, pecans, sage, salt and pepper.
- Remove from heat.
- In large bowl, mix onion mixture, croissants, bread, broth and eggs, tossing until well mixed. Spoon into baking dish.
- Bake uncovered 35 to 40 minutes or until center is hot and edges are golden brown.

Nutrition Facts



Properties

Glycemic Index:20.71, Glycemic Load:18.07, Inflammation Score:-5, Nutrition Score:13.395652340806%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg

Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 333.42kcal (16.67%), Fat: 18.12g (27.87%), Saturated Fat: 5.61g (35.07%), Carbohydrates: 37.48g (12.49%), Net Carbohydrates: 34.26g (12.46%), Sugar: 13.45g (14.95%), Cholesterol: 51.51mg (17.17%), Sodium: 544.98mg (23.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.46%), Copper: 1.71mg (85.48%), Manganese: 0.76mg (38.05%), Vitamin B1: 0.35mg (23.54%), Selenium: 16.29µg (23.27%), Folate: 66.62µg (16.65%), Vitamin B2: 0.25mg (14.66%), Fiber: 3.22g (12.88%), Iron: 1.99mg (11.07%), Phosphorus: 106.67mg (10.67%), Vitamin B3: 1.99mg (9.94%), Vitamin A: 488.47IU (9.77%), Magnesium: 28.14mg (7.03%), Zinc: 1.05mg (7.02%), Vitamin B5: 0.63mg (6.32%), Vitamin E: 0.91mg (6.08%), Vitamin K: 5.76µg (5.48%), Potassium: 179.79mg (5.14%), Vitamin B6: 0.1mg (5.09%), Calcium: 48.59mg (4.86%), Vitamin B12: 0.13µg (2.21%), Vitamin C: 1.58mg (1.91%)