



Cranberry Stuffing

 Dairy Free

READY IN



25 min.

SERVINGS



18

CALORIES



182 kcal

SIDE DISH

Ingredients

- 1 cup butter
- 3 medium celery stalks (with leaves), chopped (1 1/2 cups)
- 0.8 cup onion finely chopped
- 9 cups unseasoned bread cubes soft (15 slices)
- 0.5 cup cranberries dried
- 2 tablespoons sage dried fresh chopped
- 1 tablespoon thyme leaves dried fresh chopped
- 1.5 teaspoons salt

0.5 teaspoon pepper

Equipment

bowl

frying pan

Directions

In 10-inch skillet, melt butter over medium heat. Cook celery and onion in butter, stirring frequently, until onion is tender. Stir in about one-third of the bread cubes.

Place in large bowl.

Add remaining bread cubes and ingredients; toss.

Stuff turkey just before roasting.

Nutrition Facts



PROTEIN 7.03% **FAT 56.01%** **CARBS 36.96%**

Properties

Glycemic Index:10.81, Glycemic Load:7.31, Inflammation Score:-6, Nutrition Score:9.1808695670055%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 182.03kcal (9.1%), Fat: 11.51g (17.7%), Saturated Fat: 2.33g (14.55%), Carbohydrates: 17.09g (5.7%), Net Carbohydrates: 15.55g (5.65%), Sugar: 4.34g (4.82%), Cholesterol: 0mg (0%), Sodium: 446.2mg (19.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.5%), Copper: 2.07mg (103.52%), Manganese: 0.43mg (21.63%), Selenium: 8.12µg (11.6%), Vitamin A: 473.57IU (9.47%), Vitamin B1: 0.12mg (8.15%), Vitamin B3: 1.6mg (8.02%), Iron: 1.19mg (6.59%), Folate: 25.62µg (6.4%), Fiber: 1.54g (6.16%), Vitamin B2: 0.08mg (4.77%), Calcium: 47.2mg (4.72%), Phosphorus: 42.13mg (4.21%), Magnesium: 14.59mg (3.65%), Vitamin E: 0.52mg (3.46%), Vitamin B5: 0.26mg (2.6%), Zinc: 0.33mg (2.18%), Vitamin B6: 0.04mg (2.18%), Vitamin K: 1.94µg (1.85%), Potassium: 63.88mg (1.83%), Vitamin C: 1.22mg (1.48%)