



Cranberry Stuffing

 Dairy Free

READY IN



25 min.

SERVINGS



18

CALORIES



181 kcal

SIDE DISH

Ingredients

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

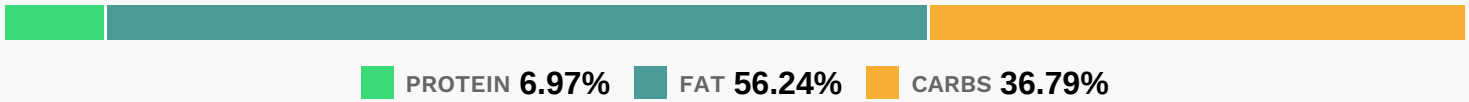
Equipment

- ☐ 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



Properties

Glycemic Index:8.31, Glycemic Load:7.29, Inflammation Score:-4, Nutrition Score:4.5960869769687%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg 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: 180.66kcal (9.03%), Fat: 11.47g (17.64%), Saturated Fat: 2.31g (14.43%), Carbohydrates: 16.88g (5.63%), Net Carbohydrates: 15.44g (5.62%), Sugar: 4.34g (4.82%), Cholesterol: 0mg (0%), Sodium: 446.13mg (19.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.4%), Manganese: 0.36mg (17.98%), Selenium: 8.12µg (11.6%), Vitamin A: 455.09IU (9.1%), Vitamin B1: 0.12mg (8%), Vitamin B3: 1.6mg (7.99%), Folate: 25.44µg (6.36%), Iron: 1.04mg (5.8%), Fiber: 1.44g (5.75%), Vitamin B2: 0.08mg (4.61%), Phosphorus: 41.47mg (4.15%), Calcium: 41.25mg (4.13%), Vitamin E: 0.52mg (3.46%), Magnesium: 12.83mg (3.21%), Vitamin B5: 0.26mg (2.58%), Copper: 0.05mg (2.36%), Vitamin B6: 0.04mg (2.11%), Zinc: 0.31mg (2.05%), Vitamin K: 1.94µg (1.85%), Potassium: 58.67mg (1.68%)