



Cranberry Stuffing

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



345 kcal

SIDE DISH

Ingredients

- 2 tablespoons brown sugar
- 0.5 cup butter melted
- 1.5 cups cranberries dried
- 1.5 cups golden raisins
- 1 teaspoon ground cinnamon
- 1 teaspoon nutmeg
- 1 pinch salt
- 1 pound sourdough bread cut into 1/2-inch cubes

1 cup walnut pieces toasted chopped

Equipment

bowl

oven

whisk

baking pan

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking dish.

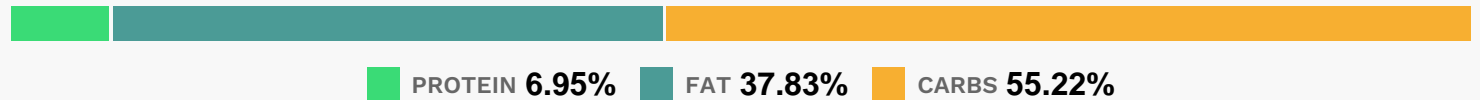
Combine the bread, cranberries, raisins, and walnuts in a large bowl.

Whisk together the brown sugar and butter in a separate bowl; season with cinnamon, nutmeg, and salt; stir into the bread cubes until evenly distributed.

Spread the mixture into the prepared dish.

Bake in the preheated oven until crisp on top, 45 to 60 minutes.

Nutrition Facts



Properties

Glycemic Index:23.51, Glycemic Load:23.05, Inflammation Score:-4, Nutrition Score:8.9947826849378%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 344.69kcal (17.23%), Fat: 15.25g (23.47%), Saturated Fat: 5.74g (35.9%), Carbohydrates: 50.1g (16.7%), Net Carbohydrates: 46.96g (17.08%), Sugar: 25.73g (28.58%), Cholesterol: 20.34mg (6.78%), Sodium: 295.33mg (12.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.3g (12.61%), Manganese: 0.66mg (33.11%), Vitamin B1: 0.31mg (20.41%), Selenium: 11.63µg (16.62%), Copper: 0.29mg (14.55%), Folate: 57.03µg (14.26%), Vitamin B2: 0.22mg (12.84%), Fiber: 3.14g (12.54%), Iron: 2.18mg (12.11%), Vitamin B3: 2.23mg (11.16%), Phosphorus: 98.29mg

(9.83%), Magnesium: 35.22mg (8.81%), Vitamin B6: 0.16mg (7.94%), Potassium: 236.09mg (6.75%), Zinc: 0.78mg (5.22%), Vitamin A: 238.98IU (4.78%), Vitamin E: 0.71mg (4.74%), Calcium: 46.09mg (4.61%), Vitamin K: 3.03µg (2.88%), Vitamin B5: 0.25mg (2.54%)