



Dried Cherry-Apple Stuffing

 Dairy Free

READY IN



70 min.

SERVINGS



24

CALORIES



172 kcal

SIDE DISH

Ingredients

- 0.5 cup butter melted
- 1 cup onion finely chopped
- 16 oz bread stuffing mix
- 2 cups apples red chopped
- 1.5 cups cherries dried
- 1 cup pecans chopped
- 2.5 cups chicken broth (from 32-oz carton)

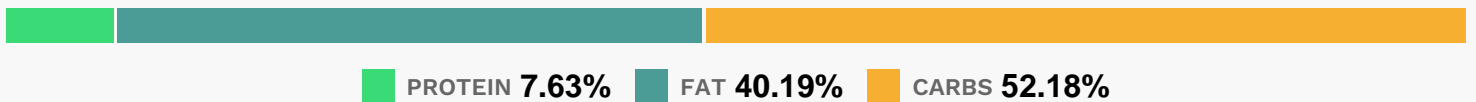
Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 325°F. Grease 13x9-inch (3-quart) glass baking dish with shortening or cooking spray. In 8-inch skillet, melt butter over medium heat.
- Add onion; cook 4 to 6 minutes, stirring occasionally, until tender.
- In large bowl, thoroughly mix cooked onion and remaining ingredients. Use 4 cups of the stuffing to fill body cavities of 12-pound turkey (do not pack stuffing because it will expand during roasting).
- Place remaining stuffing in baking dish. Cover with foil; refrigerate until ready to bake.
- Roast stuffed turkey as directed in recipe.
- Bake stuffing in baking dish with turkey for the last 40 to 50 minutes of baking time or until thoroughly heated (165°F).

Nutrition Facts



Properties

Glycemic Index:2.88, Glycemic Load:0.54, Inflammation Score:-4, Nutrition Score:4.9808695899404%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg 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: 0.06mg,

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 171.98kcal (8.6%), Fat: 7.8g (11.99%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 22.77g (7.59%), Net Carbohydrates: 20.65g (7.51%), Sugar: 7.14g (7.93%), Cholesterol: 0.68mg (0.23%), Sodium: 402.54mg (17.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.66%), Manganese: 0.34mg (17.01%), Selenium: 9.38µg (13.39%), Vitamin B1: 0.15mg (10.2%), Vitamin A: 447.27IU (8.95%), Folate: 34.38µg (8.59%), Fiber: 2.12g (8.47%), Vitamin B3: 1.21mg (6.07%), Vitamin B2: 0.1mg (6.06%), Iron: 1mg (5.56%), Copper: 0.11mg (5.43%), Phosphorus: 44.38mg (4.44%), Magnesium: 14.63mg (3.66%), Calcium: 32.89mg (3.29%), Zinc: 0.41mg (2.76%), Potassium: 92.39mg (2.64%), Vitamin B6: 0.05mg (2.55%), Vitamin E: 0.31mg (2.08%), Vitamin B5: 0.14mg (1.35%), Vitamin C: 1.03mg (1.25%)