



## Fruity Christmas stuffing

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



310 kcal

SIDE DISH

### Ingredients

- ☐ 100 g cranberries dried
- ☐ 0.5 tbsp olive oil
- ☐ 1 onion thinly sliced
- ☐ 50 g almond flour
- ☐ 2 3 large clementines quartered
- ☐ 100 g figs dried roughly chopped
- ☐ 1 apples grated
- ☐ 0.3 tsp cinnamon

- ☐ 0.5 tsp allspice
- ☐ 350 g breadcrumbs fresh
- ☐ 1 tbsp rosemary chopped
- ☐ 1 large knob butter

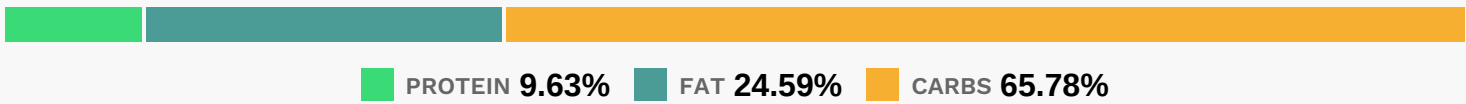
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ casserole dish
- ☐ aluminum foil

## Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Tip the cranberries into a bowl and cover with boiling water. Meanwhile, heat the oil in a frying pan and soften the onion. Tip into a large bowl and leave to cool.
- ☐ Add the almonds to the same pan and toast until golden brown. Leave to cool, then roughly chop. With their peel on, whizz the clementine quarters in a food processor until pured.
- ☐ Drain the cranberries.
- ☐ Add the nuts, clementine pure, cranberries and the remaining ingredients, except the butter, to the onion, with plenty of seasoning. Stir everything together, then tip into a casserole dish. Dot with butter, cover with foil and roast in the oven for 30 mins. Uncover, then roast for a further 15 mins until crisp and golden.

## Nutrition Facts



## Properties

Glycemic Index:41.25, Glycemic Load:3.77, Inflammation Score:-4, Nutrition Score:10.093913005746%

## Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

Nutrients (% of daily need)

Calories: 310.33kcal (15.52%), Fat: 8.74g (13.45%), Saturated Fat: 2.28g (14.25%), Carbohydrates: 52.63g (17.54%), Net Carbohydrates: 47.64g (17.32%), Sugar: 18.69g (20.77%), Cholesterol: 5.64mg (1.88%), Sodium: 339.16mg (14.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.4%), Vitamin B1: 0.46mg (30.71%), Manganese: 0.51mg (25.33%), Fiber: 4.99g (19.98%), Selenium: 11.26µg (16.09%), Vitamin B3: 3.18mg (15.92%), Iron: 2.67mg (14.82%), Folate: 56.69µg (14.17%), Vitamin C: 11.67mg (14.14%), Vitamin B2: 0.2mg (12%), Calcium: 116.28mg (11.63%), Phosphorus: 86.42mg (8.64%), Copper: 0.15mg (7.54%), Magnesium: 26.97mg (6.74%), Vitamin B6: 0.12mg (5.96%), Potassium: 204.21mg (5.83%), Vitamin K: 5.72µg (5.44%), Zinc: 0.73mg (4.85%), Vitamin E: 0.58mg (3.87%), Vitamin B5: 0.37mg (3.68%), Vitamin B12: 0.16µg (2.63%), Vitamin A: 109.69IU (2.19%)