



Herbed Apricot-Pecan Stuffing



Vegetarian



Gluten Free

READY IN



102 min.

SERVINGS



12

CALORIES



156 kcal

SIDE DISH

Ingredients

- ☐ 4 ribs celery finely chopped
- ☐ 1 cup apricots dried cut into 1/4-inch pieces
- ☐ 2 large eggs lightly beaten
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon sage fresh chopped
- ☐ 2 teaspoons thyme leaves fresh
- ☐ 3 cups chicken broth low-sodium
- ☐ 2 onions finely chopped

- ☐ 0.5 cup pecans toasted coarsely chopped
- ☐ 12 servings salt and pepper
- ☐ 8 tablespoons butter unsalted (1 stick)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 300F.
- ☐ Spread bread cubes in a flat layer on 2 baking sheets. Toast, stirring often, until dried but not browned, about 20 minutes.
- ☐ Transfer to a bowl; cool completely. Increase oven temperature to 375F.
- ☐ Melt butter in a large pan over medium-high heat.
- ☐ Add onions and celery; saut until softened but not browned, 3 to 5 minutes.
- ☐ Add sage, parsley and thyme.
- ☐ Pour in broth, increase heat to high and bring to a boil.
- ☐ Remove from heat; cool slightly.
- ☐ Add eggs to bowl with bread cubes; stir to coat.
- ☐ Pour in broth mixture; stir in apricots and pecans. Season with 1/2 tsp. salt and 3/4 tsp. pepper. Spoon into a greased 3-quart baking dish. (Can be done to this point up to 2 days ahead. Cover and chill. Bring to room temperature before continuing.)
- ☐ Cover with foil; bake for 30 minutes.
- ☐ Remove foil; bake 20 minutes.
- ☐ Let stand for 10 minutes; serve.

Nutrition Facts

PROTEIN 8.34% FAT 66.2% CARBS 25.46%

Properties

Glycemic Index:14.95, Glycemic Load:2.48, Inflammation Score:-7, Nutrition Score:8.9478260330532%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 1.11mg, Apigenin: 1.11mg, Apigenin: 1.11mg, Apigenin: 1.11mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 156.15kcal (7.81%), Fat: 12.12g (18.64%), Saturated Fat: 5.47g (34.2%), Carbohydrates: 10.48g (3.49%), Net Carbohydrates: 8.64g (3.14%), Sugar: 7.04g (7.82%), Cholesterol: 51.07mg (17.02%), Sodium: 237.07mg (10.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.87%), Copper: 1.66mg (82.96%), Manganese: 0.33mg (16.32%), Vitamin A: 775.37IU (15.51%), Vitamin K: 10.62µg (10.11%), Potassium: 276.25mg (7.89%), Fiber: 1.85g (7.38%), Phosphorus: 65.96mg (6.6%), Vitamin B3: 1.23mg (6.13%), Vitamin E: 0.88mg (5.86%), Vitamin B2: 0.09mg (5.17%), Iron: 0.88mg (4.87%), Selenium: 3.21µg (4.58%), Vitamin B6: 0.08mg (3.94%), Magnesium: 15.59mg (3.9%), Folate: 15.22µg (3.8%), Vitamin C: 2.91mg (3.52%), Calcium: 33.16mg (3.32%), Zinc: 0.49mg (3.27%), Vitamin B1: 0.05mg (3.24%), Vitamin B5: 0.29mg (2.91%), Vitamin B12: 0.15µg (2.48%), Vitamin D: 0.31µg (2.04%)