



Lightly spiced Christmas stuffing

 Dairy Free

READY IN



120 min.

SERVINGS



8

CALORIES



422 kcal

SIDE DISH

Ingredients

- ☐ 200 g sandwich bread white thick (5 slices, crusts included)
- ☐ 1 large onion quartered
- ☐ 2 garlic clove
- ☐ 1 large handful parsley
- ☐ 2 apples cored peeled finely chopped
- ☐ 3 celery stalks diced
- ☐ 100 g walnut pieces chopped
- ☐ 1 tsp curry powder

- ☐ 1 large eggs
- ☐ 1 juice of lemon grated
- ☐ 20 bacon
- ☐ 450 g frangelico
- ☐ 450 g frangelico

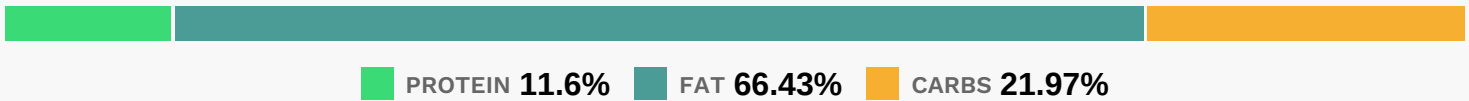
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Whizz the bread in a food processor to make crumbs. Tip into a large bowl.
- ☐ Put the onion, garlic and parsley in the processor and whizz until finely chopped.
- ☐ Add the onion mix to the breadcrumbs with all the other ingredients except the bacon. Season generously and squish everything together with your hands until combined.
- ☐ Set aside about one third of the stuffing for the turkey and divide the rest into 20 pieces. Mould each piece into a little finger-sized sausage, then wrap each one in a rasher of bacon.
- ☐ Put the sausages into a shallow ovenproof dish, ready for roasting (see Citrus & thyme turkey).

Nutrition Facts



Properties

Glycemic Index:31.6, Glycemic Load:11.07, Inflammation Score:-4, Nutrition Score:11.625652095546%

Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate:

0.09mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 421.84kcal (21.09%), Fat: 31.62g (48.65%), Saturated Fat: 8.51g (53.18%), Carbohydrates: 23.52g (7.84%), Net Carbohydrates: 20.55g (7.47%), Sugar: 7.34g (8.16%), Cholesterol: 59.55mg (19.85%), Sodium: 495.45mg (21.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.43g (24.86%), Manganese: 0.65mg (32.44%), Selenium: 19.64µg (28.06%), Vitamin B1: 0.34mg (22.92%), Vitamin B3: 3.64mg (18.19%), Phosphorus: 176.49mg (17.65%), Vitamin B6: 0.3mg (15.18%), Copper: 0.28mg (14.15%), Folate: 50.32µg (12.58%), Fiber: 2.97g (11.9%), Vitamin B2: 0.17mg (10.13%), Vitamin K: 10.38µg (9.89%), Magnesium: 39.46mg (9.87%), Iron: 1.76mg (9.76%), Zinc: 1.41mg (9.43%), Potassium: 295.36mg (8.44%), Calcium: 82.36mg (8.24%), Vitamin C: 6.07mg (7.36%), Vitamin B5: 0.67mg (6.72%), Vitamin B12: 0.33µg (5.51%), Vitamin E: 0.6mg (4%), Vitamin A: 133.41IU (2.67%), Vitamin D: 0.34µg (2.3%)