



Mincemeat Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



444 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce bread loaf french stale
- ☐ 3 tablespoons butter
- ☐ 2 rib celery chopped
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 large eggs lightly beaten
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 cups mincemeat prepared
- ☐ 1 large onion chopped

- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1 tablespoon teaspoon sage dried fresh chopped
- ☐ 1 teaspoon salt

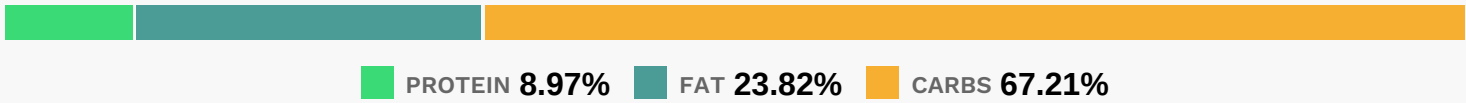
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cut bread into 1-inch cubes; place in a large bowl, and set aside.
- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add chopped onion and celery, and saut 5 to 7 minutes or until onion is tender.
- ☐ Add onion mixture to bread cubes. Stir in remaining ingredients.
- ☐ Spoon mixture into a lightly greased 2-quart baking dish.
- ☐ Bake at 350 for 35 to 40 minutes or until stuffing is set in the center.

Nutrition Facts



Properties

Glycemic Index:28.56, Glycemic Load:23.17, Inflammation Score:-6, Nutrition Score:16.243478272272%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

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Nutrients (% of daily need)

Calories: 444.47kcal (22.22%), Fat: 11.77g (18.1%), Saturated Fat: 2.02g (12.64%), Carbohydrates: 74.68g (24.89%), Net Carbohydrates: 71.03g (25.83%), Sugar: 41.76g (46.4%), Cholesterol: 46.5mg (15.5%), Sodium: 1015.5mg (44.15%), Alcohol: 1.03g (100%), Alcohol %: 0.76% (100%), Protein: 9.97g (19.94%), Copper: 2.46mg (123.12%), Manganese: 0.74mg (36.85%), Vitamin B1: 0.47mg (31.06%), Selenium: 20.43µg (29.18%), Vitamin K: 25.67µg (24.44%), Folate: 83.22µg (20.8%), Vitamin B2: 0.32mg (18.79%), Iron: 2.87mg (15.92%), Fiber: 3.65g (14.61%), Vitamin B3: 2.88mg (14.39%), Phosphorus: 113mg (11.3%), Magnesium: 33.19mg (8.3%), Vitamin A: 387.65IU (7.75%), Zinc: 1.14mg (7.57%), Vitamin B6: 0.13mg (6.3%), Calcium: 55.86mg (5.59%), Vitamin B5: 0.48mg (4.8%), Potassium: 162.08mg (4.63%), Vitamin C: 3.48mg (4.21%), Vitamin E: 0.53mg (3.5%), Vitamin B12: 0.12µg (1.94%), Vitamin D: 0.25µg (1.67%)