



Mom's Turkey Stuffing

 Popular

READY IN



45 min.

SERVINGS



8

CALORIES



378 kcal

SIDE DISH

Ingredients

- ☐ 1 loaf day old bread french cut into 3/4-inch cubes (10–12 cups)
- ☐ 6 Tbsp butter
- ☐ 0.8 cup currants
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 apples green cored peeled chopped
- ☐ 1 teaspoon ground sage to taste ()
- ☐ 5 several olives green with the pimento) chopped ()
- ☐ 8 servings salt and pepper freshly ground to taste

- ☐ 1 cup stock from the turkey giblets (can substitute chicken stock)
- ☐ 1 cup walnuts
- ☐ 2 cups each chopped

Equipment

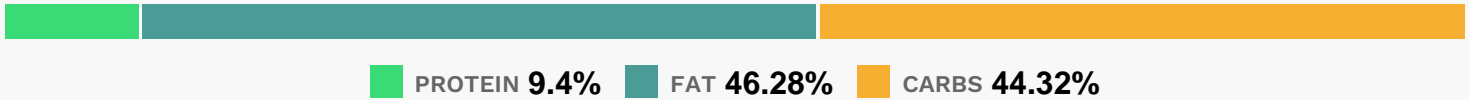
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ stove
- ☐ microwave
- ☐ dutch oven

Directions

- ☐ If you haven't already made the stock, take the turkey giblets – heart and gizzard – and neck if you want, and put them in a small saucepan, cover with water and add a little salt. Bring to a simmer; simmer for about an hour, uncovered. Strain the stock into a container for use with the stuffing. Alternatively, you can use chicken stock or just plain water with this recipe.2 Toast the walnuts by heating them in a frying pan on medium high heat for a few minutes, stirring until they are slightly browned (not burned) OR put them in the microwave on high until you can smell the aroma of them toasting, about a minute or two.
- ☐ Let them cool while you are toasting the bread, then roughly chop them. 3
- ☐ Heat a large sauté pan on medium heat. Melt 3 Tbsp butter in the pan, add the bread cubes, and stir to coat the bread pieces with the melted butter. Then let them toast; only turn them when they have become a little browned on a side. Note, if you aren't working with somewhat dried-out day-old bread, lay the cubes of bread in a baking pan and put them in a hot oven for 10 minutes to dry them out first, before toasting them in butter on the stove top. The bread should be a little dry to begin with, or you'll end up with mushy stuffing. 4 In a large Dutch oven, sauté chopped onions and celery on medium high heat with the remaining 3 Tbsp butter until cooked through, about 5–10 minutes.
- ☐ Add the bread.
- ☐ Add cooked chopped walnuts.

- ☐
- Add chopped green apple, currants, raisins, olives, parsley.
- ☐
- Add one cup of the stock from cooking the turkey giblets or chicken stock (enough to keep the stuffing moist while you are cooking it).
- ☐
- Add sage, poultry seasoning, salt & pepper. 5 Cover. Turn heat to low. Cook for an hour or until the apples are cooked through. Check every ten minutes or so and add water or stock as needed while cooking to keep the stuffing moist and keep it from sticking to the bottom of the pan.

Nutrition Facts



Properties

Glycemic Index:33.94, Glycemic Load:23.62, Inflammation Score:-7, Nutrition Score:14.619130479253%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 4.76mg, Apigenin: 4.76mg, Apigenin: 4.76mg, Apigenin: 4.76mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 378.24kcal (18.91%), Fat: 20.26g (31.18%), Saturated Fat: 6.82g (42.62%), Carbohydrates: 43.67g (14.56%), Net Carbohydrates: 39.87g (14.5%), Sugar: 14.32g (15.91%), Cholesterol: 23.78mg (7.93%), Sodium: 672.2mg (29.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.26g (18.52%), Manganese: 0.88mg (43.96%), Vitamin K: 42.69µg (40.66%), Vitamin B1: 0.45mg (29.95%), Folate: 92.02µg (23.01%), Selenium: 16.01µg (22.87%), Copper: 0.39mg (19.39%), Vitamin B2: 0.31mg (18.01%), Vitamin B3: 3.4mg (17.02%), Iron: 2.99mg (16.64%), Fiber: 3.8g (15.19%), Phosphorus: 137.19mg (13.72%), Magnesium: 51.06mg (12.76%), Vitamin A: 579.82IU (11.6%), Vitamin B6: 0.22mg (11.21%), Potassium: 364.68mg (10.42%), Zinc: 1.14mg (7.63%), Calcium: 73.62mg (7.36%), Vitamin C: 5.24mg (6.35%), Vitamin E: 0.7mg (4.67%), Vitamin B5: 0.35mg (3.52%)