



WHATSheATE



HEALTH SCORE

60%

Multigrain Stuffing With Nuts and Dried Fruit



Vegetarian



Very Healthy

READY IN



90 min.

SERVINGS



10

CALORIES



1214 kcal

SIDE DISH

Ingredients

- ☐ 2 medium cooking apples firm chopped (such as Cortland)
- ☐ 16 cups multigrain bread cubes stale
- ☐ 0.3 cup blueberries dried
- ☐ 0.3 cup cranberries dried
- ☐ 2 large eggs
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 tablespoon thyme leaves fresh minced
- ☐ 10 servings kosher salt and pepper freshly ground

- ☐ 2 medium onions diced
- ☐ 0.5 cup slivered almonds
- ☐ 0.3 cup sunflower seeds
- ☐ 9 tablespoons butter unsalted plus more for the baking dish
- ☐ 4 cups vegetable broth low-sodium
- ☐ 0.5 cup walnuts chopped

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 375 degrees F and butter a 3-quart baking dish. Melt 8 tablespoons butter in a large skillet over medium heat.
- ☐ Add the onions, apples and thyme, season with salt and pepper and cook, stirring, until the onions are soft, about 3 minutes.
- ☐ Add the almonds, walnuts, sunflower seeds, dried blueberries and dried cranberries.
- ☐ Add the broth and bring to a simmer.
- ☐ Whisk the eggs and parsley in a large bowl.
- ☐ Add the bread, then pour in the broth mixture and toss.
- ☐ Transfer the stuffing to the prepared baking dish and dot with the remaining 1 tablespoon butter. Cover with aluminum foil and bake 30 minutes, then uncover and bake until golden, about 30 more minutes.
- ☐ Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:25.57, Glycemic Load:99.92, Inflammation Score:-10, Nutrition Score:52.49608674775%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 2.77mg, Epicatechin: 2.77mg, Epicatechin: 2.77mg, Epicatechin: 2.77mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 1213.53kcal (60.68%), Fat: 33.08g (50.9%), Saturated Fat: 10.3g (64.35%), Carbohydrates: 180.02g (60.01%), Net Carbohydrates: 153.5g (55.82%), Sugar: 26.65g (29.61%), Cholesterol: 64.29mg (21.43%), Sodium: 1916.58mg (83.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.59g (103.17%), Manganese: 8.54mg (426.88%), Selenium: 103.27µg (147.53%), Fiber: 26.53g (106.11%), Vitamin B1: 1.58mg (105.58%), Phosphorus: 905.89mg (90.59%), Vitamin B3: 17.43mg (87.15%), Magnesium: 333.66mg (83.41%), Calcium: 663.06mg (66.31%), Iron: 10.81mg (60.03%), Copper: 1.1mg (55.01%), Vitamin K: 56.32µg (53.63%), Zinc: 7.4mg (49.36%), Vitamin B6: 0.97mg (48.26%), Folate: 187.65µg (46.91%), Vitamin B2: 0.78mg (45.98%), Vitamin E: 5.19mg (34.59%), Potassium: 1165.33mg (33.3%), Vitamin B5: 2.93mg (29.25%), Vitamin A: 562.84IU (11.26%), Vitamin C: 6.55mg (7.94%), Vitamin D: 0.39µg (2.59%), Vitamin B12: 0.11µg (1.84%)