



Pear, Mushroom and Pomegranate Stuffing



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 8 oz crusty baguette whole-wheat cut into 1-inch cubes
- ☐ 1 large purée of usa bartlett pear cored cubed
- ☐ 2 celery stalks chopped
- ☐ 10 ounces crimini mushrooms
- ☐ 2 tablespoons thyme sprigs fresh chopped
- ☐ 1 cup chicken broth low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 1 cup pomegranate juice

- ☐ 0.3 cup prune- cut to pieces pitted chopped
- ☐ 8 large sage

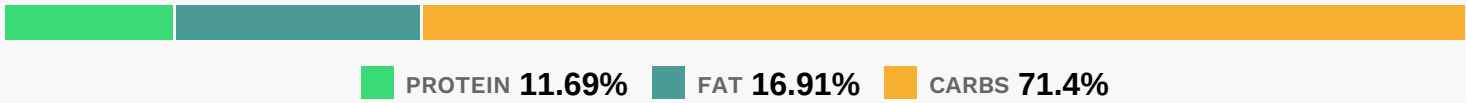
Equipment

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

Directions

- ☐ Heat oven to 350°F.
- ☐ Heat oil in a largeskillet over high heat. Cook mushrooms,celery, sage and thyme, stirring often,until mushrooms and celery soften, 6 to8 minutes; season with salt and pepper.
- ☐ Transfer to a bowl; add baguette cubes,pear, prunes, broth and juice.
- ☐ Mix well andlet rest until bread absorbs liquid.
- ☐ Transferto an 8" x 8" baking dish; cover with foil.
- ☐ Bake 40 minutes, remove foil and bakeuntil stuffing puffs up, about 5 minutes.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:27.34, Glycemic Load:11.72, Inflammation Score:-9, Nutrition Score:8.8495651995358%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 151.11kcal (7.56%), Fat: 2.93g (4.5%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 27.79g (9.26%), Net Carbohydrates: 25.42g (9.24%), Sugar: 10.73g (11.93%), Cholesterol: 0mg (0%), Sodium: 190.36mg (8.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.1%), Selenium: 14.23µg (20.33%), Copper: 0.4mg (20.18%), Vitamin B2: 0.3mg (17.91%), Vitamin B3: 3.29mg (16.47%), Vitamin B1: 0.21mg (14.05%), Manganese: 0.27mg (13.67%), Folate: 49.73µg (12.43%), Potassium: 367.8mg (10.51%), Fiber: 2.37g (9.47%), Vitamin K: 9.75µg (9.28%), Iron: 1.64mg (9.11%), Phosphorus: 90.71mg (9.07%), Vitamin B5: 0.77mg (7.72%), Vitamin B6: 0.11mg (5.46%), Calcium: 53.41mg (5.34%), Vitamin C: 4.14mg (5.02%), Zinc: 0.75mg (5.01%), Magnesium: 19.94mg (4.99%), Vitamin E: 0.52mg (3.44%), Vitamin A: 138.04IU (2.76%), Vitamin B12: 0.06µg (1.08%)