



Pecan Apricot Stuffing

 Vegetarian

READY IN



80 min.

SERVINGS



20

CALORIES



139 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 1 cup celery diced
- 2 cups chicken broth
- 4 ounces apricots dried chopped
- 1 eggs beaten
- 1 teaspoon herbs de provence
- 1 cup onion diced
- 1 cup pecan halves toasted chopped

- 1 teaspoon rubbed sage
- 20 servings salt and pepper black freshly ground to taste
- 1 pound sourdough bread

Equipment

- bowl
- frying pan
- baking sheet
- oven
- baking pan

Directions

- Preheat oven to 275 degrees F (135 degrees C). Butter an 11x14 inch baking dish, and set aside to bake the stuffing.
- Arrange sourdough bread pieces on a baking sheet. Toast the bread in preheated oven until crisp and dry, 20 to 30 minutes.
- Remove from the oven to cool. Increase the oven temperature to 350 degrees F (175 degrees C).
- Melt butter in a skillet over medium heat. Stir in the onion and celery; cook and stir until the vegetables are tender, about 10 minutes. Stir in the herbes de Provence and rubbed sage, then stir in the apricots. Turn off the heat, and allow the mixture to rest.
- Toss the toasted bread and pecans together in a large bowl. Stir in the celery mixture, then season with salt and pepper.
- Mix in the chicken broth, one cup at a time. Stir in the egg.
- Transfer the stuffing to the buttered baking dish.
- Bake in the preheated oven until the top is browned, 30 to 35 minutes.

Nutrition Facts



PROTEIN 10.25% **FAT 42.1%** **CARBS 47.65%**

Properties

Glycemic Index:13.24, Glycemic Load:10.34, Inflammation Score:-4, Nutrition Score:5.5665217650973%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 138.77kcal (6.94%), Fat: 6.73g (10.35%), Saturated Fat: 1.97g (12.29%), Carbohydrates: 17.13g (5.71%), Net Carbohydrates: 15.47g (5.63%), Sugar: 4.79g (5.32%), Cholesterol: 14.75mg (4.92%), Sodium: 250.06mg (10.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.37%), Manganese: 0.4mg (19.94%), Vitamin B1: 0.21mg (13.71%), Selenium: 7.66µg (10.95%), Folate: 34.18µg (8.54%), Vitamin B2: 0.14mg (8.11%), Iron: 1.32mg (7.32%), Vitamin B3: 1.38mg (6.91%), Fiber: 1.65g (6.6%), Vitamin A: 315.95IU (6.32%), Copper: 0.13mg (6.26%), Phosphorus: 51.32mg (5.13%), Magnesium: 17.27mg (4.32%), Potassium: 147.15mg (4.2%), Zinc: 0.55mg (3.7%), Vitamin E: 0.48mg (3.21%), Vitamin K: 3.33µg (3.17%), Vitamin B6: 0.06mg (3.03%), Calcium: 26.56mg (2.66%), Vitamin B5: 0.21mg (2.1%), Vitamin C: 0.89mg (1.07%)