



Quince-and-Hazelnut Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



271 kcal

SIDE DISH

Ingredients

- 2 teaspoons brown sugar
- 2.3 cups bread french cubed ()
- 2 garlic cloves minced
- 0.8 cup bell pepper green chopped
- 3 tablespoons hazelnuts
- 0.8 cup low-salt chicken broth divided
- 0.5 cup onion chopped
- 0.1 teaspoon pepper

- 0.8 teaspoon poultry seasoning
- 3 cups quinces diced cored peeled (3 quinces)
- 0.5 teaspoon salt

Equipment

- frying pan
- baking sheet
- oven
- baking pan

Directions

- Preheat oven to 35
- Place hazelnuts on a baking sheet.
- Bake nuts at 350 for 15 minutes, stirring once. Turn nuts out onto a towel.
- Roll up towel; rub off skins. Coarsely chop nuts, and set aside.
- Place a nonstick skillet coated with cooking spray over medium heat.
- Add quince, and sprinkle with sugar. Cook 15 minutes, stirring frequently or until very brown. Stir in 1/2 cup broth, and bring to a boil. Reduce heat, and simmer, uncovered, 5 minutes or until quince is tender and the liquid nearly evaporates.
- Add bell pepper, onion, poultry seasoning, and garlic; cook an additional 3 minutes.
- Remove pan from heat; stir in 1/4 cup broth, bread cubes, hazelnuts, salt, and pepper. Spoon the quince mixture into a 1-quart baking dish coated with cooking spray. Cover and bake at 350 for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:28.69, Glycemic Load:31.14, Inflammation Score:-5, Nutrition Score:13.283912855646%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 271.02kcal (13.55%), Fat: 4.16g (6.41%), Saturated Fat: 0.59g (3.67%), Carbohydrates: 51.95g (17.32%), Net Carbohydrates: 47.99g (17.45%), Sugar: 5.01g (5.56%), Cholesterol: 0mg (0%), Sodium: 557.39mg (24.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.85g (17.69%), Vitamin B1: 0.53mg (35.26%), Manganese: 0.64mg (32.03%), Vitamin C: 25.77mg (31.24%), Selenium: 19.84µg (28.34%), Folate: 92.34µg (23.08%), Iron: 3.6mg (20.02%), Vitamin B2: 0.33mg (19.38%), Vitamin B3: 3.85mg (19.23%), Fiber: 3.97g (15.86%), Copper: 0.31mg (15.51%), Phosphorus: 109.71mg (10.97%), Potassium: 342.27mg (9.78%), Magnesium: 37.88mg (9.47%), Vitamin B6: 0.19mg (9.28%), Zinc: 0.89mg (5.95%), Calcium: 57.5mg (5.75%), Vitamin E: 0.76mg (5.06%), Vitamin B5: 0.36mg (3.61%), Vitamin K: 3.65µg (3.47%), Vitamin A: 93.3IU (1.87%)