



Quinoa Turkey Stuffing



Gluten Free



Dairy Free

READY IN



260 min.

SERVINGS



8

CALORIES



169 kcal

SIDE DISH

Ingredients

- ☐ 2 apples cored peeled chopped
- ☐ 1 pound mushrooms fresh sliced
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 onion chopped
- ☐ 0.3 cup pinenuts
- ☐ 2 teaspoons poultry seasoning
- ☐ 1 cup quinoa rinsed

- ☐ 0.3 cup raisins
- ☐ 1 teaspoon salt
- ☐ 2 cups water

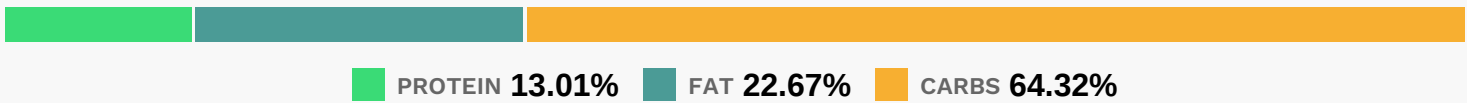
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Place the quinoa and water in a large, microwave-safe bowl; cover. Cook on HIGH for 20 minutes.
- ☐ Stir the onion, mushrooms, apples, pine nuts, raisins, garlic, salt, pepper, and poultry seasoning in with the quinoa.
- ☐ Pack lightly into uncooked turkey. Roast turkey as directed.

Nutrition Facts



Properties

Glycemic Index:26.48, Glycemic Load:4.98, Inflammation Score:-5, Nutrition Score:11.56043478717%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg

Nutrients (% of daily need)

Calories: 168.92kcal (8.45%), Fat: 4.54g (6.98%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 28.96g (9.65%), Net Carbohydrates: 24.92g (9.06%), Sugar: 6.61g (7.35%), Cholesterol: 0mg (0%), Sodium: 300.6mg (13.07%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 5.85g (11.71%), Manganese: 0.94mg (46.77%), Copper: 0.41mg (20.71%), Vitamin B2: 0.33mg (19.62%), Phosphorus: 185.76mg (18.58%), Magnesium: 65.03mg (16.26%), Fiber: 4.04g (16.14%), Folate: 55.06µg (13.76%), Vitamin B3: 2.7mg (13.5%), Potassium: 451.05mg (12.89%), Vitamin B6: 0.23mg (11.45%), Vitamin B5: 1.08mg (10.79%), Vitamin B1: 0.16mg (10.77%), Iron: 1.93mg (10.7%), Selenium: 7.36µg (10.51%), Zinc: 1.31mg (8.73%), Vitamin K: 7.47µg (7.12%), Vitamin E: 1.01mg (6.74%), Vitamin C: 4.96mg (6.01%), Calcium: 28.52mg (2.85%)