



Roasted-Pear Stuffing



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



220 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3.5 pounds bosc pear peeled sliced
- ☐ 0.5 cup brandy
- ☐ 5 cups dense bread white cubed () (8 ounces)
- ☐ 1 cup celery root diced peeled (celery root)
- ☐ 0.5 cup cooking sherry dry
- ☐ 2 large eggs lightly beaten
- ☐ 1 cup less-sodium chicken broth fat-free

- ☐ 3 garlic cloves minced
- ☐ 0.5 cup hazelnuts toasted chopped
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion diced
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons or dried fresh chopped

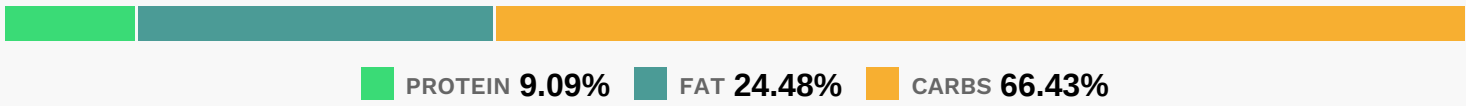
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Heat the oil in a large nonstick skillet over medium-high heat.
- ☐ Add pear slices, and cook, without stirring, 2 minutes or until golden brown. Carefully turn pear slices; cook for 2 minutes or until golden brown.
- ☐ Add onion, celeriac, and garlic; saute 3 minutes or until lightly browned.
- ☐ Add sherry and brandy, and cook until liquid almost evaporates.
- ☐ Remove from heat; cool.
- ☐ Combine pear mixture, bread, and remaining ingredients in a large bowl, tossing gently. Spoon the bread mixture into a 2-quart casserole. Cover with lid, and bake at 350 for 45 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:23.38, Glycemic Load:13.24, Inflammation Score:-5, Nutrition Score:9.0213043897048%

Flavonoids

Cyanidin: 3.06mg, Cyanidin: 3.06mg, Cyanidin: 3.06mg, Cyanidin: 3.06mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 5.04mg, Epicatechin: 5.04mg, Epicatechin: 5.04mg, Epicatechin: 5.04mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg, Epigallocatechin 3–gallate: 0.28mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg, Isorhamnetin: 1.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 219.78kcal (10.99%), Fat: 5.46g (8.4%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 33.34g (11.11%), Net Carbohydrates: 27.77g (10.1%), Sugar: 15.06g (16.73%), Cholesterol: 31mg (10.33%), Sodium: 291.23mg (12.66%), Alcohol: 4.37g (100%), Alcohol %: 2.39% (100%), Protein: 4.56g (9.12%), Manganese: 0.57mg (28.51%), Fiber: 5.57g (22.26%), Vitamin K: 15.36µg (14.63%), Copper: 0.25mg (12.42%), Selenium: 7.86µg (11.23%), Folate: 43.99µg (11%), Vitamin B1: 0.16mg (10.93%), Vitamin C: 8.35mg (10.12%), Phosphorus: 92.71mg (9.27%), Iron: 1.65mg (9.18%), Potassium: 297.29mg (8.49%), Vitamin B2: 0.14mg (8.35%), Vitamin E: 1.2mg (7.98%), Calcium: 76.91mg (7.69%), Vitamin B6: 0.15mg (7.67%), Magnesium: 29.22mg (7.31%), Vitamin B3: 1.44mg (7.2%), Vitamin B5: 0.43mg (4.33%), Zinc: 0.63mg (4.22%), Vitamin B12: 0.11µg (1.87%), Vitamin A: 86.16IU (1.72%), Vitamin D: 0.17µg (1.11%)