



## Rustic chestnut stuffing

READY IN



50 min.

SERVINGS



8

CALORIES



266 kcal

SIDE DISH

### Ingredients

- 1 onion chopped
- 50 g butter
- 140 g mushrooms sliced
- 200 g honey whole cooked halved
- 170 g pastry crust cubed
- 25 g parsley chopped
- 1 tbsp thyme leaves
- 6 bacon smoked cut into 6-8 pieces
- 140 g oatmeal white sliced (we used an Allinson oatmeal loaf)

2 eggs

## Equipment

bowl

oven

muffin tray

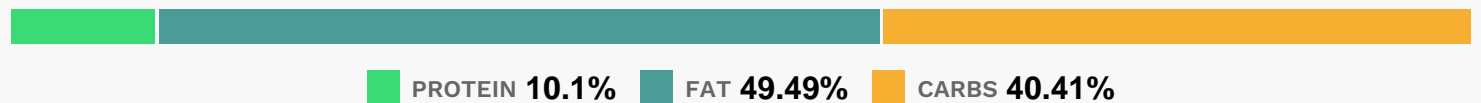
## Directions

Fry the onion in the butter for 5 mins.

Add the mushrooms, then fry for 5 mins more.

Tip into a bowl, then lightly stir in the other ingredients with plenty of seasoning. Stuff into the neck end of the turkey, or spoon into oiled muffin tins (half-fill to make 8 servings) and bake for 30 mins alongside the turkey.

## Nutrition Facts



## Properties

Glycemic Index:42.31, Glycemic Load:11.63, Inflammation Score:-8, Nutrition Score:11.302173884019%

## Flavonoids

Apigenin: 6.76mg, Apigenin: 6.76mg, Apigenin: 6.76mg, Apigenin: 6.76mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

## Nutrients (% of daily need)

Calories: 265.67kcal (13.28%), Fat: 14.63g (22.51%), Saturated Fat: 6.2g (38.74%), Carbohydrates: 26.88g (8.96%), Net Carbohydrates: 25.55g (9.29%), Sugar: 1.09g (1.21%), Cholesterol: 65.25mg (21.75%), Sodium: 272.13mg (11.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.43%), Vitamin K: 52.36µg (49.87%), Vitamin C: 16.99mg (20.6%), Selenium: 14.35µg (20.5%), Manganese: 0.34mg (16.88%), Vitamin B1: 0.24mg (15.87%), Vitamin B2: 0.23mg (13.31%), Vitamin B3: 2.56mg (12.8%), Folate: 50.34µg (12.58%), Copper: 0.22mg (11.21%), Phosphorus: 107.73mg (10.77%), Vitamin A: 533.29IU (10.67%), Iron: 1.8mg (9.99%), Vitamin B6: 0.2mg (9.93%), Potassium: 296.69mg (8.48%), Vitamin B5: 0.8mg (8%), Magnesium: 24.75mg (6.19%), Zinc: 0.91mg (6.05%), Fiber:

1.34g (5.34%), Vitamin B12: 0.2µg (3.3%), Calcium: 28.69mg (2.87%), Vitamin E: 0.39mg (2.6%), Vitamin D: 0.32µg (2.14%)