



## Savory Dijon Stuffing

READY IN



45 min.

SERVINGS



12

CALORIES



511 kcal

SIDE DISH

### Ingredients

- 6 cups bread crumbs dried
- 1 cup butter melted
- 8 ounce water chestnuts canned
- 1.5 cups celery chopped
- 14.5 ounce chicken broth canned
- 0.3 teaspoon ground pepper black
- 0.5 cup mustard dijon-style prepared
- 2 cups onion chopped
- 0.3 cup parsley chopped

1 teaspoon poultry seasoning

1 cup walnuts chopped

## Equipment

sauce pan

oven

casserole dish

## Directions

Preheat oven to 350 degrees F (175 degrees C).

In large saucepan combine butter and mustard. Stir in onions and celery; cook until tender.

Add water chestnuts, walnuts, parsley, poultry seasoning and pepper.

Toss with bread crumbs and drizzle with chicken broth.

Place stuffing in two 3 quart casserole dishes and bake for 30 minutes.

## Nutrition Facts

PROTEIN **14.47%** FAT **48.47%** CARBS **37.06%**

## Properties

Glycemic Index:18.75, Glycemic Load:0.8, Inflammation Score:-7, Nutrition Score:17.587391251455%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Apigenin: 3.06mg, Apigenin: 3.06mg, Apigenin: 3.06mg, Apigenin: 3.06mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

## Nutrients (% of daily need)

Calories: 510.64kcal (25.53%), Fat: 27.77g (42.73%), Saturated Fat: 11.8g (73.73%), Carbohydrates: 47.78g (15.93%), Net Carbohydrates: 42.79g (15.56%), Sugar: 5.8g (6.45%), Cholesterol: 57.8mg (19.27%), Sodium: 810.53mg (35.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.66g (37.32%), Manganese: 0.97mg (48.45%), Vitamin B1: 0.6mg (39.71%), Selenium: 24.51µg (35.02%), Vitamin K: 31.87µg (30.35%), Vitamin B3: 4.78mg (23.9%), Iron: 3.98mg (22.14%), Phosphorus: 208.5mg (20.85%), Folate: 82.76µg (20.69%), Fiber: 4.99g (19.97%), Copper:

0.37mg (18.28%), Vitamin B2: 0.3mg (17.82%), Zinc: 2.22mg (14.78%), Magnesium: 57.13mg (14.28%), Vitamin A: 709.81IU (14.2%), Vitamin B6: 0.28mg (14.11%), Calcium: 140.13mg (14.01%), Potassium: 336.5mg (9.61%), Vitamin B12: 0.56µg (9.4%), Vitamin E: 0.9mg (5.97%), Vitamin C: 4.59mg (5.57%), Vitamin B5: 0.52mg (5.17%)