



Savory Pumpkin-Chestnut Stuffing

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



218 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black
- 1 tablespoon butter
- 1.3 cups pumpkin canned
- 1 cup celery chopped
- 1 cup bottled chestnuts coarsely chopped
- 2 cups cremini mushrooms sliced
- 2 large eggs
- 0.5 cup less-sodium chicken broth fat-free

- 0.3 cup flat-leaf parsley fresh chopped
- 2 tablespoons sage fresh chopped
- 1.5 cups apples i use 2 granny smith apples chopped
- 2 cups onion chopped
- 1 teaspoon salt
- 0.5 cup cranberries dried sweetened
- 2 tablespoons teaspoon thyme dried fresh chopped
- 8 ounces bread white firm cut into 1-inch cubes (8 cups)

Equipment

- bowl
- frying pan
- baking sheet
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 25
- Place bread cubes on a large baking sheet.
- Bake at 250 for 1 hour or until dry, tossing occasionally.
- Increase oven temperature to 35
- Melt butter in a large nonstick skillet over medium-high heat.
- Add the onion, mushrooms, and celery to pan, and saut 5 minutes.
- Add apple and cranberries; saut 5 minutes.
- Add chestnuts; saut 1 minute.
- Remove from heat; stir in parsley, sage, and thyme.
- Combine pumpkin and the next 4 ingredients (pumpkin through eggs) in a large bowl.

- Add bread and mushroom mixture; stir gently to combine. Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray; cover with foil.
- Bake at 350 for 45 minutes; uncover and bake an additional 15 minutes or until the top is crisp.

Nutrition Facts



Properties

Glycemic Index:47.35, Glycemic Load:16.06, Inflammation Score:-10, Nutrition Score:22.104347861331%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 5.79mg, Apigenin: 5.79mg, Apigenin: 5.79mg, Apigenin: 5.79mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 9.46mg, Quercetin: 9.46mg, Quercetin: 9.46mg, Quercetin: 9.46mg

Nutrients (% of daily need)

Calories: 217.99kcal (10.9%), Fat: 4.31g (6.63%), Saturated Fat: 1.71g (10.72%), Carbohydrates: 40.36g (13.45%), Net Carbohydrates: 36.18g (13.16%), Sugar: 12.98g (14.42%), Cholesterol: 50.26mg (16.75%), Sodium: 530.26mg (23.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.35g (12.7%), Copper: 4.85mg (242.3%), Vitamin A: 6438.44IU (128.77%), Vitamin K: 52.5µg (50%), Manganese: 0.61mg (30.42%), Vitamin C: 19.36mg (23.47%), Selenium: 15.88µg (22.69%), Folate: 74.46µg (18.61%), Fiber: 4.18g (16.73%), Vitamin B2: 0.28mg (16.44%), Vitamin B1: 0.24mg (15.69%), Iron: 2.77mg (15.41%), Vitamin B3: 2.68mg (13.38%), Potassium: 453.75mg (12.96%), Phosphorus: 122.43mg (12.24%), Calcium: 121.84mg (12.18%), Vitamin B6: 0.23mg (11.6%), Vitamin B5: 1mg (10.01%), Magnesium: 38.8mg (9.7%), Zinc: 0.96mg (6.37%), Vitamin E: 0.91mg (6.03%), Vitamin B12: 0.16µg (2.68%), Vitamin D: 0.27µg (1.79%)