



Sourdough-Cranberry Stuffing

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



297 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 0.8 cup carrots chopped
- ☐ 0.8 cup celery chopped
- ☐ 2 cups chicken stock see
- ☐ 0.8 cup cranberries fresh
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon sage fresh chopped

- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 0.8 cup onion chopped
- ☐ 8 servings pepper black freshly ground
- ☐ 1 pound sourdough bread diced

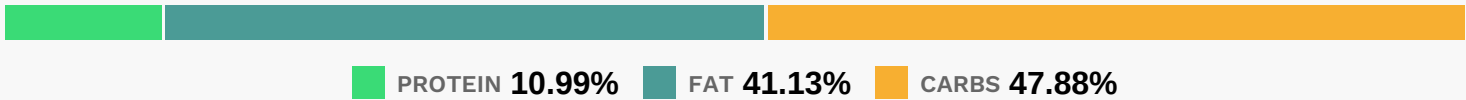
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 375°F. Cook the onion, celery, carrot, and butter in a large saucepan over medium-low heat for 10 to 15 minutes, or until the onions are translucent.
- ☐ Remove from the heat, add the chicken stock, sage, chives, thyme, and parsley, and stir well.
- ☐ Place the bread in a large bowl, pour the mixture from the saucepan over the bread, and toss until all the liquid is absorbed. Fold in the cranberries and season to taste with salt and pepper.
- ☐ Transfer the mixture to a baking dish and bake for 50 to 60 minutes, or until golden brown.
- ☐ Adapted from Charlie Trotter Cooks at Home by Charlie Trotter. © 2000 Ten Speed Press

Nutrition Facts



Properties

Glycemic Index:54.42, Glycemic Load:23.84, Inflammation Score:-10, Nutrition Score:16.781304272621%

Flavonoids

Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg, Delphinidin: 0.72mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.61mg, Peonidin: 4.61mg, Peonidin: 4.61mg, Peonidin: 4.61mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg

Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 296.62kcal (14.83%), Fat: 13.73g (21.13%), Saturated Fat: 7.83g (48.92%), Carbohydrates: 35.96g (11.99%), Net Carbohydrates: 33.41g (12.15%), Sugar: 5.32g (5.91%), Cholesterol: 32.3mg (10.77%), Sodium: 535.42mg (23.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.26g (16.52%), Copper: 2.42mg (120.97%), Vitamin A: 2510.07IU (50.2%), Vitamin B1: 0.45mg (29.71%), Selenium: 17.82µg (25.46%), Manganese: 0.48mg (24.09%), Folate: 83.36µg (20.84%), Vitamin B3: 3.89mg (19.44%), Vitamin B2: 0.32mg (18.96%), Iron: 2.74mg (15.21%), Vitamin K: 15.56µg (14.82%), Fiber: 2.55g (10.22%), Phosphorus: 92.86mg (9.29%), Vitamin B6: 0.15mg (7.45%), Magnesium: 28.63mg (7.16%), Vitamin C: 5.83mg (7.06%), Potassium: 238.9mg (6.83%), Calcium: 56.57mg (5.66%), Zinc: 0.8mg (5.33%), Vitamin E: 0.7mg (4.69%), Vitamin B5: 0.32mg (3.15%)