



WHATSheATE



Sourdough Stuffing with Roasted Chestnuts



Vegetarian

READY IN



105 min.

SERVINGS



12

CALORIES



232 kcal

SIDE DISH

Ingredients

- ☐ 2 large carrots chopped
- ☐ 2 large celery stalks chopped
- ☐ 14.8 ounce roasted chestnuts drained roughly chopped
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup flat-leaf parsley fresh minced
- ☐ 1 tablespoon sage fresh minced
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 0.8 pound granny smith apples diced cored peeled

- ☐ 4 cups less-sodium chicken broth
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 teaspoon sea salt
- ☐ 1 loaf sourdough bread cut into 1/2-inch cubes
- ☐ 2 tablespoons butter unsalted softened
- ☐ 1 large onion yellow chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Bake bread cubes in a single layer on 2 rimmed baking sheets for 8-10 minutes or until lightly browned. Set aside to cool.
- ☐ Turn oven down to 35
- ☐ Coat 13- x 9-inch pan with cooking spray.
- ☐ Place bread and chestnuts in a large bowl.
- ☐ In large saut pan, melt butter over medium-high heat. Cook onion, carrots, and celery 4 minutes or until onion is soft.
- ☐ Add apples; saut 2 minutes more.
- ☐ Add parsley and next 4 ingredients (through pepper); saut for 1 minute more.
- ☐ Combine apple mixture with bread cubes.
- ☐ Add eggs and stock; stir.
- ☐ Bake stuffing in prepared pan, uncovered, 1 hour or until the top is lightly browned and crusty.

Nutrition Facts



 PROTEIN **11.4%**  FAT **16.7%**  CARBS **71.9%**

Properties

Glycemic Index:31.78, Glycemic Load:25.18, Inflammation Score:-9, Nutrition Score:17.465217564417%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 231.63kcal (11.58%), Fat: 4.35g (6.69%), Saturated Fat: 1.79g (11.18%), Carbohydrates: 42.1g (14.03%), Net Carbohydrates: 39.82g (14.48%), Sugar: 6.19g (6.88%), Cholesterol: 37.58mg (12.53%), Sodium: 735.53mg (31.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.68g (13.36%), Copper: 1.76mg (88.16%), Vitamin A: 2375.78IU (47.52%), Vitamin K: 43.97µg (41.88%), Vitamin C: 21.27mg (25.78%), Vitamin B1: 0.36mg (24.06%), Manganese: 0.47mg (23.36%), Folate: 80.51µg (20.13%), Selenium: 13.77µg (19.68%), Vitamin B2: 0.28mg (16.23%), Iron: 2.42mg (13.45%), Vitamin B3: 2.59mg (12.94%), Vitamin B6: 0.23mg (11.29%), Potassium: 348.4mg (9.95%), Fiber: 2.28g (9.12%), Phosphorus: 86.54mg (8.65%), Magnesium: 31.69mg (7.92%), Zinc: 0.84mg (5.59%), Calcium: 52.83mg (5.28%), Vitamin B5: 0.51mg (5.1%), Vitamin E: 0.41mg (2.71%), Vitamin B12: 0.09µg (1.56%), Vitamin D: 0.2µg (1.34%)