



STOVE TOP Stuffing with Apples & Pecans

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



179 kcal

SIDE DISH

Ingredients

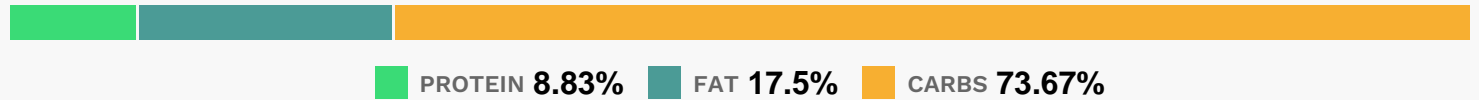
- 1.5 cups orange juice
- 2 Tbsp planters pecans toasted chopped
- 2 Tbsp raisins
- 0.3 cup apples red chopped
- 6 oz stove top stuffing mix for turkey

Equipment

Directions

- Prepare stuffing mix as directed on package, substituting orange juice for the water.
- Stir in remaining ingredients; cover.
- Let stand 5 min.
- Fluff with fork.

Nutrition Facts



Properties

Glycemic Index:25.47, Glycemic Load:5.66, Inflammation Score:-4, Nutrition Score:8.208695679903%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 178.77kcal (8.94%), Fat: 3.53g (5.43%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 33.4g (11.13%), Net Carbohydrates: 31.54g (11.47%), Sugar: 8.41g (9.34%), Cholesterol: 0.28mg (0.09%), Sodium: 400.4mg (17.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8%), Vitamin C: 31.63mg (38.33%), Selenium: 13.83µg (19.75%), Manganese: 0.34mg (17.14%), Vitamin B1: 0.25mg (16.9%), Folate: 67.32µg (16.83%), Vitamin B3: 1.98mg (9.92%), Vitamin B2: 0.15mg (8.73%), Iron: 1.43mg (7.92%), Copper: 0.15mg (7.59%), Fiber: 1.86g (7.43%), Potassium: 256.09mg (7.32%), Phosphorus: 64.26mg (6.43%), Magnesium: 24.04mg (6.01%), Vitamin B6: 0.09mg (4.36%), Calcium: 38.47mg (3.85%), Zinc: 0.46mg (3.05%), Vitamin B5: 0.27mg (2.66%), Vitamin A: 130.18IU (2.6%), Vitamin E: 0.19mg (1.28%)