



Stuffing Muffins

READY IN



30 min.

SERVINGS



9

CALORIES



129 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 apples finely chopped
- ☐ 0.3 cup butter melted
- ☐ 1 stalk celery finely chopped
- ☐ 1 tablespoon parsley fresh italian chopped (flat-leaf)
- ☐ 6 oz bread stuffing mix flavored
- ☐ 1.5 cups water

Equipment

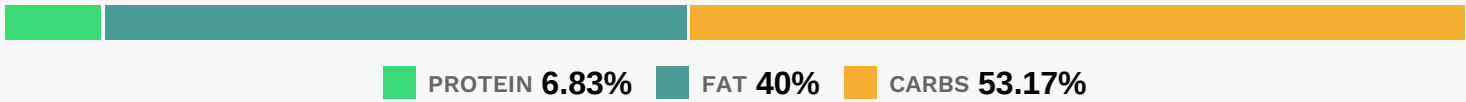
- ☐ bowl

- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 350F. Spray 9 regular-size muffin cups with cooking spray.
- ☐ In large bowl, toss stuffing mix, water and butter.
- ☐ Add apple, celery and parsley; toss until combined. Divide mixture evenly among muffin cups, pressing mixture in cups with spoon.
- ☐ Bake about 20 minutes or until stuffing is firm and tops are golden brown.

Nutrition Facts



Properties

Glycemic Index:16.22, Glycemic Load:0.76, Inflammation Score:-3, Nutrition Score:3.9717391567386%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 129.46kcal (6.47%), Fat: 5.8g (8.93%), Saturated Fat: 3.41g (21.31%), Carbohydrates: 17.36g (5.79%), Net Carbohydrates: 16.18g (5.88%), Sugar: 3.73g (4.15%), Cholesterol: 13.75mg (4.58%), Sodium: 312.06mg (13.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.46%), Selenium: 9.15µg (13.08%), Vitamin K: 9.69µg (9.22%), Folate: 34.82µg (8.71%), Vitamin B1: 0.12mg (7.85%), Manganese: 0.12mg (6.23%), Vitamin B3: 1.13mg (5.65%), Vitamin B2: 0.09mg (5.1%), Fiber: 1.18g (4.7%), Vitamin A: 226.27IU (4.53%), Iron: 0.78mg (4.34%), Phosphorus: 31.71mg (3.17%), Copper: 0.06mg (2.95%), Calcium: 24.63mg (2.46%), Magnesium: 9.8mg (2.45%), Potassium: 83.66mg (2.39%), Vitamin B6: 0.04mg (2.04%), Vitamin C: 1.66mg (2.01%), Vitamin E: 0.27mg (1.8%), Zinc: 0.2mg (1.36%), Vitamin B5: 0.11mg (1.07%)