



Stuffing with Pasilla Chiles

READY IN



15 min.

SERVINGS



12

CALORIES



211 kcal

SIDE DISH

Ingredients

- 0.5 cup butter
- 4 pasilla chiles dried stemmed seeded
- 0.3 cup cilantro leaves fresh chopped
- 3 cups orange juice
- 12 oz stove top stuffing mix for chicken

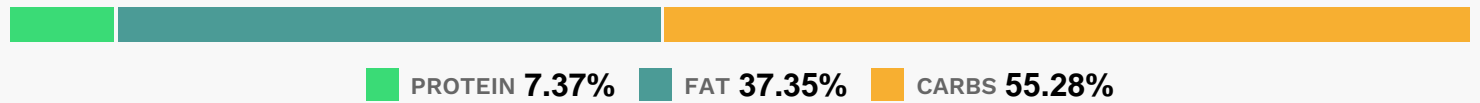
Equipment

- sauce pan

Directions

- Cut chiles into thin strips with kitchen shears.
- Bring orange juice and butter to boil in large saucepan on medium-high heat.
- Add chiles; cook and stir 1 min.
- Add stuffing mixes; stir. Cover.
- Remove from heat; let stand 5 min. Fluff with fork. Top with cilantro.

Nutrition Facts



Properties

Glycemic Index:14.92, Glycemic Load:3.79, Inflammation Score:-6, Nutrition Score:9.4478262455567%

Flavonoids

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 Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 211.22kcal (10.56%), Fat: 8.83g (13.58%), Saturated Fat: 5.12g (32.01%), Carbohydrates: 29.39g (9.8%), Net Carbohydrates: 28.12g (10.23%), Sugar: 8.36g (9.28%), Cholesterol: 20.62mg (6.87%), Sodium: 461.25mg (20.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Vitamin C: 52.65mg (63.81%), Selenium: 13.84µg (19.77%), Folate: 70.17µg (17.54%), Vitamin B1: 0.24mg (15.75%), Vitamin A: 526.22IU (10.52%), Vitamin B3: 2.08mg (10.38%), Manganese: 0.21mg (10.33%), Vitamin B2: 0.15mg (8.81%), Iron: 1.37mg (7.59%), Vitamin B6: 0.14mg (7.23%), Potassium: 246.05mg (7.03%), Phosphorus: 59.39mg (5.94%), Copper: 0.11mg (5.74%), Magnesium: 21.89mg (5.47%), Fiber: 1.27g (5.06%), Vitamin K: 4.17µg (3.97%), Calcium: 38.91mg (3.89%), Vitamin E: 0.46mg (3.09%), Vitamin B5: 0.27mg (2.73%), Zinc: 0.34mg (2.29%)