



Sweet Stuffing

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



205 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 0.5 cup butter
- ☐ 2 cups cranberries
- ☐ 2 teaspoons rosemary dried
- ☐ 0.5 tablespoon sage dried
- ☐ 2 cups onion diced
- ☐ 0.5 cup orange juice fresh
- ☐ 12 slices raisin bread cut into 1/2 cubes and toast

☐ 0.5 cup vegetable broth

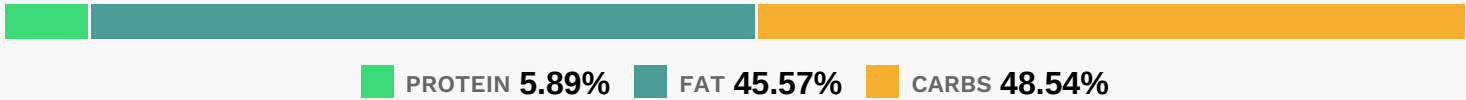
Equipment

☐ oven

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Cook onion in butter or margarine over low heat until soft.
- ☐ Add cranberries, brown sugar, rosemary and sage, orange juice, salt and pepper to taste.
- ☐ Mix gently but thoroughly.
- ☐ If baking stuffing separately, spoon into buttered 3 or 4 quart casserole, drizzle with broth, dot with butter.
- ☐ Bake for 30 minutes. Uncover and bake an additional 30 minutes.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:12.78, Inflammation Score:-5, Nutrition Score:5.8517391396605%

Flavonoids

Cyanidin: 9.29mg, Cyanidin: 9.29mg, Cyanidin: 9.29mg, Cyanidin: 9.29mg Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 9.83mg, Peonidin: 9.83mg, Peonidin: 9.83mg, Peonidin: 9.83mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 1.34mg, Myricetin: 1.34mg, Myricetin: 1.34mg, Myricetin: 1.34mg Quercetin: 9.49mg, Quercetin: 9.49mg, Quercetin: 9.49mg, Quercetin: 9.49mg

Nutrients (% of daily need)

Calories: 204.54kcal (10.23%), Fat: 10.68g (16.42%), Saturated Fat: 6.2g (38.74%), Carbohydrates: 25.58g (8.53%), Net Carbohydrates: 22.9g (8.33%), Sugar: 7.46g (8.29%), Cholesterol: 24.4mg (8.13%), Sodium: 230.74mg (10.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.21%), Vitamin C: 11.44mg (13.87%), Manganese: 0.28mg (13.82%), Folate: 43.77µg (10.94%), Fiber: 2.68g (10.72%), Selenium: 6.58µg (9.4%), Vitamin B1: 0.14mg (9.03%), Vitamin B2: 0.14mg (8.52%), Vitamin A: 352.63IU (7.05%), Iron: 1.1mg (6.09%), Vitamin B3: 1.2mg (6.01%), Phosphorus: 50.52mg (5.05%), Potassium: 165.52mg (4.73%), Copper: 0.09mg (4.65%), Vitamin E: 0.63mg (4.22%), Vitamin B6: 0.08mg (4.03%), Vitamin K: 4.18µg (3.98%), Calcium: 37.54mg (3.75%), Magnesium: 14.79mg (3.7%), Vitamin B5: 0.26mg (2.58%), Zinc: 0.32mg (2.13%)