



## Toasted Walnut and Cranberry Stuffing

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



143 kcal

SIDE DISH

### Ingredients

- 0.5 cup cranberries dried
- 2 Tbsp butter
- 6 oz stove top stuffing mix for chicken
- 0.5 cup planters walnuts toasted coarsely chopped
- 1.3 cups water

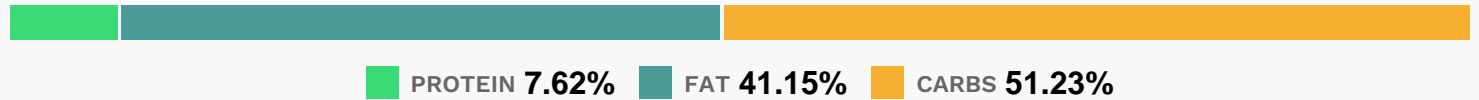
### Equipment

- sauce pan

## Directions

- Bring water, berries and margarine to boil in large saucepan.
- Stir in stuffing mix; cover.
- Remove from heat; let stand 5 min.
- Fluff with fork. Stir in nuts.

## Nutrition Facts



## Properties

Glycemic Index:2, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:4.1956521671103%

## Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 142.72kcal (7.14%), Fat: 6.71g (10.33%), Saturated Fat: 0.98g (6.1%), Carbohydrates: 18.81g (6.27%), Net Carbohydrates: 17.55g (6.38%), Sugar: 5.96g (6.62%), Cholesterol: 0.17mg (0.06%), Sodium: 267.39mg (11.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.59%), Manganese: 0.32mg (15.84%), Selenium: 8.49µg (12.13%), Folate: 34.34µg (8.58%), Vitamin B1: 0.12mg (8.16%), Copper: 0.14mg (7.12%), Vitamin B3: 1.08mg (5.4%), Fiber: 1.26g (5.03%), Vitamin B2: 0.08mg (4.72%), Iron: 0.84mg (4.68%), Phosphorus: 45.35mg (4.54%), Magnesium: 16.69mg (4.17%), Vitamin B6: 0.06mg (2.99%), Calcium: 24.56mg (2.46%), Zinc: 0.35mg (2.32%), Vitamin E: 0.32mg (2.13%), Potassium: 71.79mg (2.05%), Vitamin A: 101.67IU (2.03%), Vitamin B5: 0.12mg (1.17%)