



Winter Fruit and Nut Stuffing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



330 kcal

SIDE DISH

Ingredients

- ☐ 2 large anjou pear cored peeled cut into 1/2-inch cubes
- ☐ 12 tablespoons butter ()
- ☐ 1.5 cups celery chopped
- ☐ 1.5 cups apricot dried chopped
- ☐ 1 cup cranberries dried
- ☐ 2 tablespoons rosemary leaves fresh chopped
- ☐ 1 tablespoon sage fresh chopped
- ☐ 0.8 teaspoon ground cinnamon

- ☐ 4 cups onion chopped
- ☐ 1 cup pecans toasted chopped
- ☐ 1.5 cups prune- cut to pieces pitted chopped
- ☐ 1 tablespoon sugar

Equipment

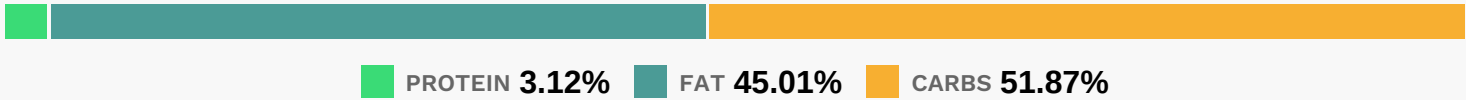
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Melt 2 tablespoons butter in large skillet over medium-high heat.
- ☐ Add pears; sprinkle with sugar. Sauté until pears are golden, about 5 minutes.
- ☐ Transfer to very large bowl; mix in cinnamon. Melt remaining 10 tablespoons butter in same skillet over medium heat.
- ☐ Add onions and celery; sauté until golden, about 15 minutes.
- ☐ Add wine and next 5 ingredients. Simmer until liquid is reduced almost to glaze and mixture is soft and moist, stirring occasionally, about 15 minutes.
- ☐ Mix into pears. (Can be made 1 day ahead. Cover and chill. Reheat to lukewarm before continuing.)
- ☐ Mix bread and pecans into fruit mixture. Season stuffing with salt and pepper.
- ☐ Loosely fill main cavity and neck cavity of turkey with stuffing. Generously butter baking dish. Spoon remaining stuffing into prepared dish. Cover dish with buttered foil, buttered side down.
- ☐ Bake stuffing in dish — alongside turkey or while turkey is resting — until heated through, about 25 minutes. Uncover stuffing in dish.
- ☐ Bake until top of stuffing is slightly crisp and golden, about 15 minutes longer.

- ☐
- Preheat oven to 350°F. Generously butter 13x9x2-inch glass baking dish.
- ☐
- Transfer stuffing to prepared dish.
- ☐
- Bake uncovered until heated through, about 35 minutes.

Nutrition Facts



Properties

Glycemic Index:24.44, Glycemic Load:10.18, Inflammation Score:-8, Nutrition Score:13.049130700205%

Flavonoids

Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg, Epigallocatechin: 0.69mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2.79mg, Isorhamnetin: 2.79mg, Isorhamnetin: 2.79mg, Isorhamnetin: 2.79mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 12.04mg, Quercetin: 12.04mg, Quercetin: 12.04mg, Quercetin: 12.04mg

Nutrients (% of daily need)

Calories: 330.13kcal (16.51%), Fat: 17.75g (27.3%), Saturated Fat: 7.8g (48.73%), Carbohydrates: 46.02g (15.34%), Net Carbohydrates: 39.52g (14.37%), Sugar: 31.8g (35.34%), Cholesterol: 30.1mg (10.03%), Sodium: 105.34mg (4.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.53%), Copper: 1.8mg (89.8%), Manganese: 0.68mg (33.81%), Fiber: 6.5g (26.02%), Vitamin A: 1187.45IU (23.75%), Vitamin K: 21.12µg (20.11%), Potassium: 549.92mg (15.71%), Vitamin E: 1.54mg (10.29%), Magnesium: 35.42mg (8.85%), Vitamin B6: 0.18mg (8.76%), Vitamin C: 6.47mg (7.84%), Phosphorus: 77.15mg (7.71%), Vitamin B1: 0.1mg (6.89%), Iron: 1.18mg (6.56%), Vitamin B2: 0.1mg (6.1%), Vitamin B3: 1.16mg (5.78%), Folate: 22.46µg (5.62%), Calcium: 54.7mg (5.47%), Zinc: 0.72mg (4.77%), Vitamin B5: 0.4mg (4.03%), Selenium: 1.3µg (1.86%)