

# Chestnut, Cranberry & Leek Stuffing

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## **Servings: 12**

*1 1/2 cups unsalted chicken stock*  
*2 eggs*  
*12 ounces toasted sourdough bread*  
*cubes*  
*7 3/8 ounces jarred, roasted*  
*chestnuts, quartered*  
*1/2 cup dried cranberries*  
*2 cups leeks, sliced*  
*1 tablespoon butter*  
*1/4 teaspoon salt*  
*1/4 teaspoon pepper*

## **Bake: 45 minutes**

Preheat the oven to 350 degrees.

Coat an 11x7-inch baking dish with cooking spray.

In a bowl, combine the chicken stock and eggs.

Add the sourdough bread cubes.

Bake the jarred chestnuts for 20 minutes.

In a bowl, cover the cranberries with boiling water. Let stand for 20 minutes. Drain.

In a skillet, saute the leeks in butter over medium heat for 5 minutes.

Add the chestnuts, cranberries, leeks, salt and pepper to the bread mixture.

Place the stuffing into the baking dish.

Bake the stuffing for 45 minutes.

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Per Serving (excluding unknown items): 30 Calories; 2g Fat (53.9% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 38mg Cholesterol; 69mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat.

Side Dishes

**Per Serving Nutritional Analysis**

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% Calories from Fat:	53.9%
% Calories from Carbohydrates:	29.4%
% Calories from Protein:	16.8%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	38mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	69mg
Potassium (mg):	39mg
Calcium (mg):	14mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	2mg
Vitamin A (i.u.):	91IU
Vitamin A (r.e.):	22RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	14mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

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### Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

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## Nutrition Facts

Servings per Recipe: 12

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### Amount Per Serving

**Calories** 30 Calories from Fat: 16

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#### % Daily Values\*

<b>Total Fat</b> 2g	3%
Saturated Fat 1g	4%
<b>Cholesterol</b> 38mg	13%
<b>Sodium</b> 69mg	3%
<b>Total Carbohydrates</b> 2g	1%
Dietary Fiber trace	1%
<b>Protein</b> 1g	
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<b>Vitamin A</b>	2%
<b>Vitamin C</b>	3%
<b>Calcium</b>	1%
<b>Iron</b>	3%

\* Percent Daily Values are based on a 2000 calorie diet.