

Rosemary-Cranberry Apple Stuffing

McCormick Spices

Servings: 10

1/2 cup (1 stick) butter
2 cups celery, chopped
1 cup onion, chopped
2 medium-tart red apples, cored and chopped
1 bag (6 ounce) dried cranberries
1 teaspoon dried parsley flakes
1 teaspoon dried rosemary leaves
1 teaspoon dried thyme leaves
6 cups dry, unseasoned bread cubes
1 can (14-1/2 ounce) chicken broth
1 cup apple juice

Preparation Time: 20 minutes

Cook Time: 35 minutes

Preheat the oven to 325 degrees.

In a large skillet over medium heat, melt the butter. Add the celery and onion. Cook and stir for 5 minutes or until softened. Stir in the apples, cranberries, parsley, rosemary and thyme.

Place the bread cubes in a large bowl. Add the celery mixture, broth and apple juice. Toss gently until well mixed. Spoon into a lightly greased 13x9-inch baking dish. Cover with foil.

Bake for 15 minutes. Remove the foil. Bake an additional 20 minutes or until heated through and lightly browned.

Per Serving (excluding unknown items): 66 Calories; 5g Fat (63.5% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 145mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	66	Vitamin B6 (mg):	trace
% Calories from Fat:	63.5%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	31.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	5g	Folacin (mcg):	10mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	12mg
Carbohydrate (g):	5g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	145mg
Potassium (mg):	146mg
Calcium (mg):	17mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	3mg
Vitamin A (i.u.):	206IU
Vitamin A (r.e.):	46RE

Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 66 Calories from Fat: 42

% Daily Values*

Total Fat 5g	7%
Saturated Fat 3g	15%
Cholesterol 12mg	4%
Sodium 145mg	6%
Total Carbohydrates 5g	2%
Dietary Fiber 1g	3%
Protein 1g	
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Vitamin A	4%
Vitamin C	5%
Calcium	2%
Iron	2%

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