

Recipe

MODIFICATION

Christmas is a special time of the year where many of us enjoy a roast meal. With the recipe modifications below, the new recipe is significantly lower in energy, fat and sodium. You might be wondering why the carbohydrate is higher in the modified version, this is because of the use of wholegrain breadcrumbs. Utilising the whole grain in the recipe often increases the carbohydrate as it is usually heavier and higher in fibre. The wholegrain bread also has a much lower glycaemic index than dried cranberries too, making it a healthier stuffing overall.

Christmas Turkey Stuffing Serves 8

Modifications by *Sophie Wright-Pedersen, Dietitian, Alice Springs*

✗ Original Ingredients	✎ Modifications	✓ Modified Ingredients
20g olive oil	Use a non-stick pan and eliminate olive oil from recipe to lower the total energy and fat content of the stuffing.	No oil
2 brown onions, chopped	Nil	2 brown onions, chopped
2 cloves garlic, crushed	Nil	2 cloves garlic, crushed
4 cups (280g) white breadcrumbs	Swap for a wholegrain or multigrain variety to increase fibre content	4 cups (280g) wholegrain or multigrain breadcrumbs
¼ cup sage leaves, chopped	Nil	¼ cup sage leaves, chopped
1 cup (150g) dried sweetened cranberries	Reduce amount of cranberries in mixture to lower the overall energy and carbohydrate in the stuffing	¼ cup dried cranberries
1 tablespoon finely grated orange rind	Nil	1 tablespoon finely grated orange rind
200g butter, melted	Swap the butter for egg to bind the stuffing together	2 raw eggs

Method

1. Heat a large non-stick frying pan over medium heat.
2. Add onions and garlic and cook until softened.
3. Remove from the heat, add the breadcrumbs, sage, cranberries, orange rind and eggs and stir until well combined.
4. Spoon the stuffing mixture into a 4.5kg Turkey.
5. Cook your Turkey and enjoy!

Nutritional information

	Original Recipe		Modified Recipe	
	Per Serve	Per 100g	Per Serve	Per 100g
Energy	1100kJ	1500kJ	658kJ	902kJ
Protein	3.9g	5.4g	6.0g	8.3g
Fat total	15.0g	20.5g	1.8g	2.5g
– Saturated fat	5.8g	8.0g	0.6g	0.8g
Carbohydrate	26.1g	35.7g	26.5g	36.3g
Fibre	4.0g	5.4g	4.7g	6.4g
Sodium	260mg	356mg	207mg	284mg

