



Basic Bread Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



323 kcal

SIDE DISH

Ingredients

- 0.3 cup egg substitute
- 2.5 cups chicken broth low fat, low sodium
- 6 cups whole-grain bread diced
- 3 onions diced
- 1 tablespoon paprika
- 12 servings salt and pepper to taste

Equipment

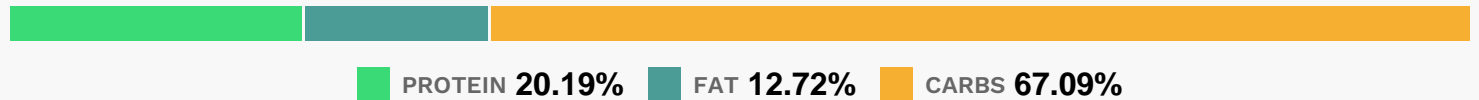
- bowl

- frying pan
- oven
- casserole dish

Directions

- In a skillet over medium-high heat, heat 1/2 cup of the chicken broth.
- Add the onions and cook for 10 minutes until onions have softened.
- In a bowl, combine the cooked onions, remaining broth, bread, paprika, egg substitute and salt and pepper.
- Mix well.
- Place mixture inside the cavity of a turkey or place it in a casserole dish. If stuffing is to be baked separately from the turkey, place stuffing in a preheated 350-degree oven and bake for 45 minutes.
- Add 1 cup sliced mushrooms (white or wild).
- Add 1 cup diced dried apricots, apples, figs, cranberries, or cherries. Corn Bread Stuffing: Replace 3 cups of the whole-grain bread with 3 cups cornbread.

Nutrition Facts



Properties

Glycemic Index:9.31, Glycemic Load:31.17, Inflammation Score:-7, Nutrition Score:19.675652125607%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 323.38kcal (16.17%), Fat: 4.6g (7.07%), Saturated Fat: 0.98g (6.11%), Carbohydrates: 54.56g (18.19%), Net Carbohydrates: 46.79g (17.01%), Sugar: 6.61g (7.34%), Cholesterol: 0mg (0%), Sodium: 752.31mg (32.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.42g (32.84%), Manganese: 2.57mg (128.56%), Selenium: 32.76µg (46.8%), Vitamin B1: 0.48mg (32.21%), Fiber: 7.77g (31.07%), Vitamin B3: 6.01mg (30.06%), Phosphorus: 278.94mg

(27.89%), Magnesium: 96.12mg (24.03%), Calcium: 206.22mg (20.62%), Iron: 3.41mg (18.96%), Vitamin B6: 0.31mg (15.63%), Copper: 0.31mg (15.43%), Zinc: 2.25mg (15.02%), Vitamin B2: 0.25mg (14.41%), Folate: 55.99µg (14%), Potassium: 402.16mg (11.49%), Vitamin B5: 0.94mg (9.43%), Vitamin K: 9.82µg (9.35%), Vitamin A: 302.66IU (6.05%), Vitamin E: 0.89mg (5.96%), Vitamin C: 2.07mg (2.5%), Vitamin B12: 0.07µg (1.1%)