



Best-Ever Stuffing Balls

READY IN



45 min.

SERVINGS



6

CALORIES



892 kcal

SIDE DISH

Ingredients

- 0.5 cup butter
- 1 cup celery diced finely
- 10 ounce cream of mushroom soup canned
- 1 teaspoon sage dried
- 1 t thyme dried
- 10 cups breadcrumbs dry cubed
- 0.5 cup parsley dried fresh chopped
- 1 onion diced finely
- 1 teaspoon salt

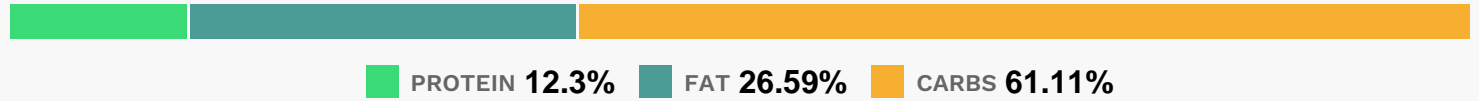
Equipment

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

Directions

- Place bread crumbs or cubes in a large bowl. In a skillet over medium heat, melt butter.
- Saute celery and onion until tender; add celery mixture to bowl.
- Add soup and seasonings; mix well. Form mixture into 12 to 14 balls.
- Place in a greased 13"x9" baking pan; cover with aluminum foil.
- Bake, covered, at 350 degrees for 25 minutes.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.46, Inflammation Score:-9, Nutrition Score:34.542608675749%

Flavonoids

Apigenin: 94.3mg, Apigenin: 94.3mg, Apigenin: 94.3mg, Apigenin: 94.3mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 7.82mg, Isorhamnetin: 7.82mg, Isorhamnetin: 7.82mg, Isorhamnetin: 7.82mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

Nutrients (% of daily need)

Calories: 891.92kcal (44.6%), Fat: 26.2g (40.3%), Saturated Fat: 12.51g (78.17%), Carbohydrates: 135.46g (45.15%), Net Carbohydrates: 126.03g (45.83%), Sugar: 12.33g (13.7%), Cholesterol: 43.03mg (14.34%), Sodium: 2185.56mg (95.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.26g (54.52%), Vitamin B1: 1.77mg (117.89%), Manganese: 2.06mg (103.06%), Selenium: 46.01µg (65.73%), Vitamin B3: 12.67mg (63.35%), Iron: 9.86mg (54.76%),

Folate: 210.45µg (52.61%), Vitamin B2: 0.83mg (48.55%), Vitamin K: 50.82µg (48.4%), Fiber: 9.42g (37.7%), Calcium: 375.46mg (37.55%), Phosphorus: 334.17mg (33.42%), Copper: 0.59mg (29.26%), Magnesium: 93.7mg (23.42%), Zinc: 3.33mg (22.2%), Potassium: 545.46mg (15.58%), Vitamin B6: 0.29mg (14.61%), Vitamin B12: 0.74µg (12.3%), Vitamin A: 598.92IU (11.98%), Vitamin B5: 1.19mg (11.9%), Vitamin E: 0.84mg (5.58%), Vitamin C: 4.6mg (5.58%)