



Bread and Celery Stuffing



Dairy Free



Popular

READY IN



120 min.

SERVINGS



10

CALORIES



254 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup butter
- ☐ 4 stalks celery chopped
- ☐ 1 cup chicken broth
- ☐ 1 onion chopped
- ☐ 2 teaspoons poultry seasoning
- ☐ 10 servings salt and pepper to taste
- ☐ 1 pound bread white sliced

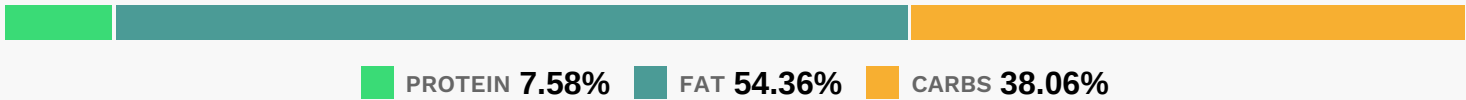
Equipment

- ☐ oven
- ☐ casserole dish
- ☐ dutch oven

Directions

- ☐ Let bread slices air dry for 1 to 2 hours, then cut into cubes.
- ☐ In a Dutch oven, melt butter or margarine over medium heat. Cook onion and celery until soft. Season with poultry seasoning, salt, and pepper. Stir in bread cubes until evenly coated. Moisten with chicken broth; mix well.
- ☐ Chill, and use as a stuffing for turkey, or bake in a buttered casserole dish at 350 degrees F (175 degrees C) for 30 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:16.2, Inflammation Score:-6, Nutrition Score:7.2326086552247%

Flavonoids

Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 254.16kcal (12.71%), Fat: 15.45g (23.77%), Saturated Fat: 3.24g (20.27%), Carbohydrates: 24.34g (8.11%), Net Carbohydrates: 22.81g (8.29%), Sugar: 3.22g (3.57%), Cholesterol: 0.47mg (0.16%), Sodium: 671.23mg (29.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.7%), Manganese: 0.34mg (16.9%), Vitamin B1: 0.25mg (16.41%), Selenium: 10.77µg (15.38%), Folate: 58.92µg (14.73%), Vitamin A: 692.5IU (13.85%), Calcium: 114.79mg (11.48%), Vitamin B3: 2.29mg (11.45%), Iron: 1.74mg (9.66%), Vitamin B2: 0.14mg (8.35%), Vitamin K: 8.04µg (7.66%), Phosphorus: 63.83mg (6.38%), Fiber: 1.53g (6.13%), Vitamin E: 0.69mg (4.58%), Magnesium: 16.75mg (4.19%), Vitamin B6: 0.07mg (3.68%), Copper: 0.07mg (3.66%), Potassium: 124.89mg (3.57%), Zinc: 0.47mg (3.12%), Vitamin B5: 0.31mg (3.12%), Vitamin C: 1.39mg (1.69%)