



Bread Stuffing

 Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



264 kcal

SIDE DISH

Ingredients

- 9 cups unseasoned bread cubes soft (15 slices)
- 0.8 cup butter
- 2 large celery stalks chopped
- 1.5 teaspoons thyme sprigs dried fresh chopped
- 0.5 teaspoon ground sage
- 0.5 cup onion chopped
- 0.3 teaspoon pepper
- 1 teaspoon salt

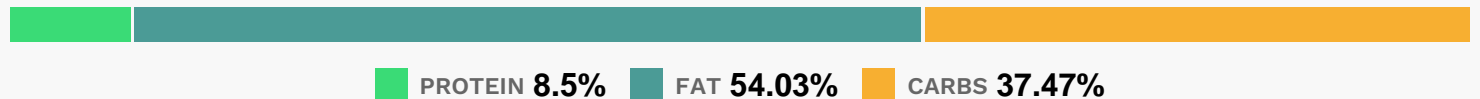
Equipment

- oven
- baking pan
- aluminum foil
- dutch oven

Directions

- Melt butter in 4-quart Dutch oven over medium-high heat. Cook celery and onion in butter 6 to 8 minutes, stirring occasionally, until tender.
- Remove Dutch oven from the heat.
- Gently toss celery mixture and remaining ingredients, using spoon, until bread cubes are evenly coated.
- Use to stuff one 10- to 12-pound turkey. Or to bake stuffing separately, grease 3-quart casserole or rectangular baking dish, 13x9x2 inches.
- Place stuffing in casserole or baking dish. Cover with lid or aluminum foil and bake at 325F for 30 minutes; uncover and bake 15 minutes longer.

Nutrition Facts



Properties

Glycemic Index:19.47, Glycemic Load:13.05, Inflammation Score:-7, Nutrition Score:7.7699999200261%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 264.26kcal (13.21%), Fat: 16g (24.62%), Saturated Fat: 3.2g (20%), Carbohydrates: 24.97g (8.32%), Net Carbohydrates: 22.75g (8.27%), Sugar: 3.24g (3.6%), Cholesterol: 0mg (0%), Sodium: 632.48mg (27.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.32%), Manganese: 0.62mg (31.21%), Selenium: 14.56µg (20.8%),

Vitamin B3: 2.84mg (14.2%), Vitamin B1: 0.21mg (14.2%), Vitamin A: 628.57IU (12.57%), Folate: 44.98µg (11.24%), Iron: 1.89mg (10.52%), Fiber: 2.22g (8.89%), Vitamin B2: 0.14mg (8.08%), Calcium: 71.93mg (7.19%), Phosphorus: 71.85mg (7.18%), Magnesium: 22.66mg (5.66%), Vitamin B5: 0.44mg (4.41%), Vitamin E: 0.63mg (4.19%), Copper: 0.08mg (4.03%), Zinc: 0.55mg (3.64%), Vitamin B6: 0.07mg (3.45%), Vitamin K: 2.9µg (2.77%), Potassium: 94.57mg (2.7%), Vitamin C: 1.23mg (1.5%)