



Bread Stuffing

 Vegetarian

READY IN



60 min.

SERVINGS



10

CALORIES



264 kcal

SIDE DISH

Ingredients

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

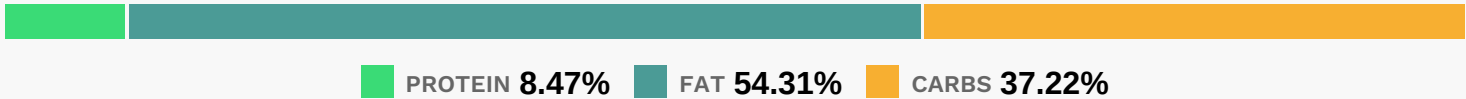
Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Grease 3-quart casserole or rectangular baking dish, 13x9x2 inches.
- ☐ 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.
- ☐ Place stuffing in casserole. Cover with lid or aluminum foil and bake at 325°F for 30 minutes; uncover and bake 15 minutes longer.

Nutrition Facts



Properties

Glycemic Index:24.47, Glycemic Load:13.06, Inflammation Score:-6, Nutrition Score:7.6347825617894%

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: 263.92kcal (13.2%), Fat: 16.11g (24.78%), Saturated Fat: 9.11g (56.93%), Carbohydrates: 24.83g (8.28%), Net Carbohydrates: 22.61g (8.22%), Sugar: 3.25g (3.61%), Cholesterol: 36.6mg (12.2%), Sodium: 581.41mg (25.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.31%), Manganese: 0.62mg (31.21%), Selenium: 14.73µg (21.05%), Vitamin B3: 2.84mg (14.21%), Vitamin B1: 0.21mg (14.14%), Folate: 45.32µg (11.33%), Iron: 1.9mg (10.54%),

Vitamin A: 445.04IU (8.9%), Fiber: 2.22g (8.89%), Vitamin B2: 0.14mg (8.05%), Phosphorus: 72.02mg (7.2%), Calcium: 70.91mg (7.09%), Magnesium: 22.49mg (5.62%), Vitamin B5: 0.45mg (4.46%), Copper: 0.08mg (4.03%), Vitamin K: 4.1µg (3.9%), Zinc: 0.56mg (3.74%), Vitamin B6: 0.07mg (3.4%), Vitamin E: 0.5mg (3.3%), Potassium: 91.5mg (2.61%), Vitamin C: 1.2mg (1.45%)