



Bread Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



167 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups celery chopped
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 16 ounce bread french cut into 1-inch cubes
- ☐ 10.5 ounce low-salt chicken broth canned
- ☐ 3 tablespoons butter reduced-calorie
- ☐ 0.8 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon rubbed sage

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water

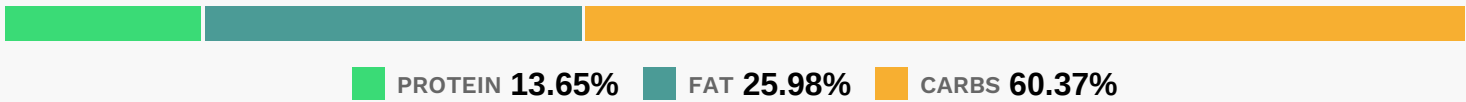
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Place bread cubes in a layer on a jelly-roll pan.
- ☐ Bake at 350 for 12 minutes or until toasted; place in a bowl. Melt margarine in a saucepan over medium heat.
- ☐ Add celery and onion; saute 10 minutes.
- ☐ Remove from heat; stir in water and next 5 ingredients (water through broth).
- ☐ Add bread cubes, tossing to coat; spoon into a 2-quart casserole coated with cooking spray. Cover; bake at 375 for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:17.15, Glycemic Load:18.47, Inflammation Score:-5, Nutrition Score:6.9939130259597%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg, Isorhamnetin: 0.6mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 167.24kcal (8.36%), Fat: 4.89g (7.52%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 25.58g (8.53%), Net Carbohydrates: 24.1g (8.76%), Sugar: 2.85g (3.16%), Cholesterol: 0mg (0%), Sodium: 453.03mg (19.7%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 5.78g (11.56%), Vitamin B1: 0.33mg (22.1%), Selenium: 13.1µg (18.71%), Folate: 63.73µg (15.93%), Manganese: 0.28mg (13.98%), Vitamin B3: 2.66mg (13.3%), Vitamin B2: 0.22mg (12.73%), Iron: 1.96mg (10.89%), Phosphorus: 64.88mg (6.49%), Fiber: 1.48g (5.91%), Vitamin K: 5.83µg (5.55%), Copper: 0.1mg (4.81%), Vitamin A: 229.41IU (4.59%), Magnesium: 18.09mg (4.52%), Potassium: 138.59mg (3.96%), Vitamin B6: 0.08mg (3.9%), Calcium: 36.43mg (3.64%), Zinc: 0.55mg (3.64%), Vitamin B5: 0.21mg (2.08%), Vitamin E: 0.28mg (1.87%), Vitamin C: 1.39mg (1.69%)