



Butternut-Bacon Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



165 kcal

SIDE DISH

Ingredients

- 3 slices bacon chopped
- 12 ounces sourdough bread cubes toasted
- 3 cups butternut squash diced peeled
- 1.5 cups chicken stock see unsalted
- 2 eggs
- 0.3 teaspoon kosher salt
- 2 tablespoons olive oil
- 1 cup onion chopped

- 0.3 teaspoon pepper
- 2 tablespoons sage chopped

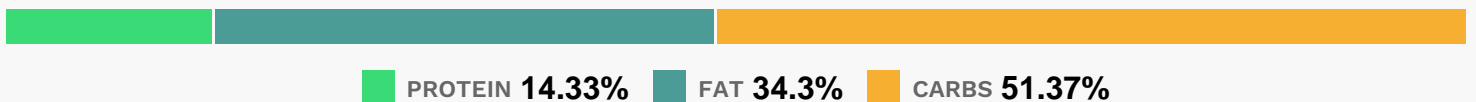
Equipment

- frying pan
- baking sheet
- oven
- baking pan

Directions

- Combine chicken stock and eggs.
- Add toasted sourdough bread cubes.
- Combine squash, olive oil, kosher salt, and pepper on a baking sheet.
- Bake at 400 for 15 minutes. Reduce heat to 35
- Cook chopped bacon over medium heat until crisp; remove from pan.
- Add onion to drippings; saut until tender. Stir squash, onion, bacon, and sage into bread mixture.
- Bake stuffing at 350 for 45 minutes in an 11 x 7-inch baking dish coated with cooking spray.

Nutrition Facts



Properties

Glycemic Index:11.63, Glycemic Load:11.62, Inflammation Score:-10, Nutrition Score:14.959130364916%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 164.6kcal (8.23%), Fat: 6.36g (9.78%), Saturated Fat: 1.57g (9.82%), Carbohydrates: 21.43g (7.14%), Net Carbohydrates: 19.8g (7.2%), Sugar: 3.15g (3.5%), Cholesterol: 31.81mg (10.6%), Sodium: 310.87mg (13.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.96%), Copper: 3.13mg (156.46%), Vitamin A: 3763.53IU (75.27%), Vitamin B1: 0.27mg (18.27%), Selenium: 12.37µg (17.67%), Manganese: 0.34mg (17.2%), Folate: 51.81µg (12.95%), Vitamin B3: 2.5mg (12.52%), Vitamin B2: 0.2mg (11.55%), Vitamin C: 8.4mg (10.18%), Iron: 1.72mg (9.58%), Phosphorus: 76.16mg (7.62%), Vitamin B6: 0.15mg (7.29%), Vitamin E: 1.01mg (6.75%), Magnesium: 26.82mg (6.7%), Potassium: 233.2mg (6.66%), Fiber: 1.63g (6.53%), Calcium: 46.68mg (4.67%), Vitamin B5: 0.39mg (3.95%), Zinc: 0.59mg (3.94%), Vitamin K: 2.19µg (2.09%), Vitamin B12: 0.09µg (1.55%), Vitamin D: 0.17µg (1.12%)