



Christmas or Thanksgiving Dressing

READY IN



75 min.

SERVINGS



8

CALORIES



718 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pound loaves bread white
- 1 cup butter divided melted
- 1 bunch celery diced
- 4 eggs beaten
- 1 large onion diced
- 8 servings salt and pepper to taste
- 1 turkey liver

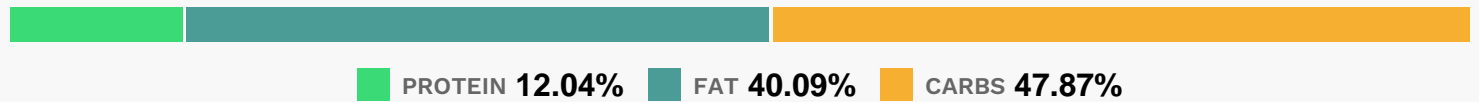
Equipment

- bowl
- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl combine bread pieces, celery, onion, eggs and 1/2 melted butter; mix well. Stir in turkey liver and season with salt and pepper.
- Transfer to a 9 x 13 inch casserole dish.
- Place mixture inside the cavity of a turkey or place it in a casserole dish. If stuffing is to be baked separately from the turkey, bake in preheated oven for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:22.97, Glycemic Load:60.07, Inflammation Score:-10, Nutrition Score:31.773478435433%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 718.37kcal (35.92%), Fat: 31.93g (49.12%), Saturated Fat: 16.89g (105.55%), Carbohydrates: 85.76g (28.59%), Net Carbohydrates: 81.45g (29.62%), Sugar: 10.04g (11.16%), Cholesterol: 194.72mg (64.91%), Sodium: 1239.97mg (53.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.58g (43.15%), Vitamin A: 4215.04IU (84.3%), Selenium: 55.2µg (78.86%), Folate: 289.99µg (72.5%), Vitamin B1: 0.91mg (60.54%), Manganese: 1.08mg (54%), Vitamin B3: 9.57mg (47.83%), Vitamin B2: 0.81mg (47.48%), Vitamin B12: 2.71µg (45.17%), Iron: 7.27mg (40.41%), Calcium: 386.97mg (38.7%), Phosphorus: 284.09mg (28.41%), Vitamin B5: 2.1mg (21.01%), Vitamin B6: 0.35mg (17.55%), Fiber: 4.31g (17.24%), Copper: 0.34mg (17.19%), Zinc: 2.27mg (15.11%), Magnesium: 54.56mg (13.64%), Vitamin E: 1.31mg (8.74%), Potassium: 303.35mg (8.67%), Vitamin C: 4.61mg (5.58%), Vitamin D: 0.6µg (4.02%), Vitamin K: 4.03µg (3.84%)