



Dutch Potato Stuffing

 Vegetarian

READY IN

ready

75 min.

SERVINGS

servings

8

CALORIES

calories

310 kcal

SIDE DISH

Ingredients

- ☐ 8 slices bread toasted
- ☐ 0.5 cup butter
- ☐ 2 stalks celery chopped
- ☐ 3 eggs
- ☐ 7.6 ounce potato flakes dry
- ☐ 8 servings salt and pepper to taste
- ☐ 2 medium onions yellow chopped

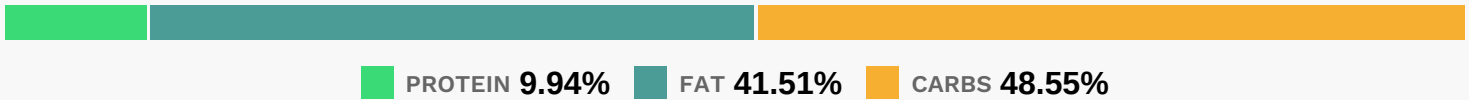
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Prepare mashed potatoes according to package directions. Set aside.
- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add onion and celery, and cook, stirring until tender. Stir celery and onion into the mashed potatoes, then mix in the eggs. Break the toasted bread into small pieces, and stir into the potatoes. Season with salt and pepper, and transfer to an 11x7 inch baking dish.
- ☐ Bake for 45 minutes in the preheated oven, until heated through, and the top is golden. More butter, salt and pepper may be sprinkled over the top if desired.

Nutrition Facts



Properties

Glycemic Index:20.96, Glycemic Load:7.76, Inflammation Score:-6, Nutrition Score:11.746087012084%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 309.78kcal (15.49%), Fat: 14.5g (22.31%), Saturated Fat: 8.07g (50.41%), Carbohydrates: 38.15g (12.72%), Net Carbohydrates: 34.63g (12.59%), Sugar: 3.88g (4.31%), Cholesterol: 91.88mg (30.63%), Sodium: 477.99mg (20.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.81g (15.63%), Vitamin C: 24.22mg (29.35%), Vitamin B1: 0.4mg (26.88%), Selenium: 17.06µg (24.37%), Manganese: 0.43mg (21.4%), Vitamin B3: 3.33mg (16.67%), Vitamin B6: 0.3mg (15.07%), Fiber: 3.53g (14.1%), Folate: 53.19µg (13.3%), Phosphorus: 124.58mg (12.46%), Potassium: 427.56mg (12.22%), Vitamin B2: 0.19mg (11.38%), Vitamin B5: 1.12mg (11.16%), Vitamin A: 492.62IU (9.85%), Iron: 1.7mg (9.47%), Magnesium: 35.37mg (8.84%), Vitamin K: 7.8µg (7.43%), Calcium: 65.36mg (6.54%), Copper: 0.11mg

(5.55%), Zinc: 0.77mg (5.1%), Vitamin E: 0.6mg (3.97%), Vitamin B12: 0.17µg (2.85%), Vitamin D: 0.33µg (2.2%)