



Easy Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



202 kcal

SIDE DISH

Ingredients

- 10 slices day-old bread
- 3 eggs beaten
- 6 ounces bread stuffing mix dry
- 0.5 cup water

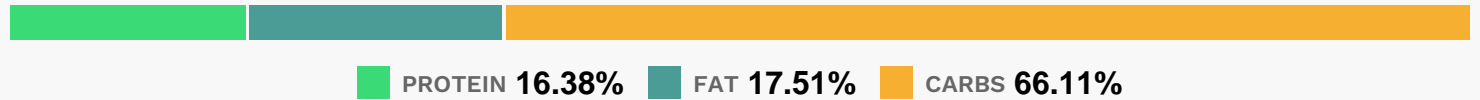
Equipment

- bowl
- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C). Butter or spray one 2 quart casserole dish.
- Prepare stuffing according to directions on box; place stuffing in a large bowl.
- Add the dried bread, eggs and water; mix well and place in casserole dish.
- Cover and bake 45 to 60 minutes.

Nutrition Facts



Properties

Glycemic Index:7.33, Glycemic Load:8.93, Inflammation Score:-3, Nutrition Score:9.2752174067756%

Nutrients (% of daily need)

Calories: 201.57kcal (10.08%), Fat: 3.88g (5.97%), Saturated Fat: 0.94g (5.88%), Carbohydrates: 32.95g (10.98%), Net Carbohydrates: 30.87g (11.22%), Sugar: 3.82g (4.25%), Cholesterol: 61.59mg (20.53%), Sodium: 488.45mg (21.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.33%), Selenium: 25.35µg (36.22%), Manganese: 0.55mg (27.41%), Vitamin B1: 0.28mg (18.48%), Folate: 73.23µg (18.31%), Vitamin B3: 3.19mg (15.97%), Vitamin B2: 0.25mg (14.68%), Iron: 2.36mg (13.1%), Phosphorus: 107.8mg (10.78%), Fiber: 2.08g (8.32%), Calcium: 74.06mg (7.41%), Magnesium: 24.98mg (6.25%), Vitamin B5: 0.62mg (6.25%), Copper: 0.12mg (5.83%), Zinc: 0.78mg (5.17%), Vitamin B6: 0.1mg (4.96%), Potassium: 124.42mg (3.55%), Vitamin B12: 0.15µg (2.52%), Vitamin D: 0.33µg (2.2%), Vitamin E: 0.32mg (2.14%), Vitamin K: 2µg (1.9%), Vitamin A: 90.23IU (1.8%)