



WHATSheEATS



## Easy Turkey Stuffing



Dairy Free

READY IN



20 min.

SERVINGS



18

CALORIES



98 kcal

SIDE DISH

### Ingredients

- ☐ 8 cups unseasoned bread cubes dry ( 11 slices bread)
- ☐ 0.3 cup butter
- ☐ 1 cup carrots chopped
- ☐ 1 cup celery stalks chopped
- ☐ 0.5 cup chicken broth progresso® (from 32-oz carton)
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper

- ☐ 2 tablespoons poultry seasoning dried
- ☐ 1 teaspoon salt

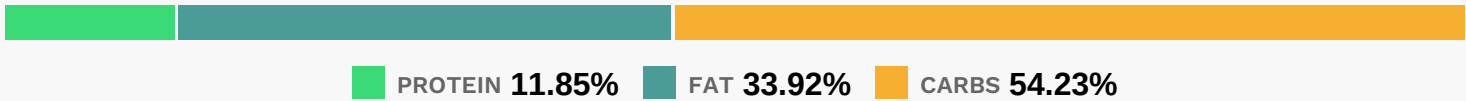
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ In 10-inch skillet, melt butter over medium-high heat.
- ☐ Add onion, celery and carrots; cook, stirring occasionally, until tender.
- ☐ In large bowl, mix bread cubes, parsley, poultry seasoning, salt and pepper.
- ☐ Add broth and butter-onion mixture, stirring until desired moistness (stuffing will become a little more moist during roasting because it will absorb juices from turkey).
- ☐ Use to stuff 1 (14- to 18-lb) turkey. After stuffing turkey, place any remaining stuffing in 1- or 2-quart casserole that has been sprayed with cooking spray; cover and refrigerate.
- ☐ Bake stuffing in casserole with turkey for last 35 to 40 minutes of roasting time or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:12.69, Glycemic Load:6.7, Inflammation Score:-7, Nutrition Score:5.8934782824439%

Flavonoids

Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 98.33kcal (4.92%), Fat: 3.75g (5.77%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 13.48g (4.49%), Net Carbohydrates: 12.05g (4.38%), Sugar: 2.07g (2.3%), Cholesterol: 0.13mg (0.04%), Sodium: 310.81mg (13.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.89%), Vitamin A: 1375.96IU (27.52%), Manganese: 0.36mg (17.82%), Vitamin K: 14.73µg (14.03%), Selenium: 7.28µg (10.4%), Vitamin B3: 1.52mg (7.59%), Vitamin B1: 0.11mg (7.57%), Folate: 26.7µg (6.67%), Iron: 1.13mg (6.28%), Fiber: 1.43g (5.73%), Vitamin B2: 0.08mg (4.56%), Calcium: 43.17mg (4.32%), Phosphorus: 39.28mg (3.93%), Magnesium: 13.55mg (3.39%), Vitamin B6: 0.05mg (2.68%), Potassium: 87.32mg (2.49%), Vitamin B5: 0.25mg (2.48%), Copper: 0.05mg (2.48%), Zinc: 0.31mg (2.1%), Vitamin C: 1.62mg (1.97%), Vitamin E: 0.22mg (1.47%)