



Easy Vegetable Stuffing

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



239 kcal

SIDE DISH

Ingredients

- 1.5 cups bell pepper frozen (from 1-lb bag)
- 2 cups broccoli frozen
- 2 tablespoons butter
- 1.8 cups chicken broth (from 32-oz carton)
- 1 cup regular corn
- 4 cups pepperidge farm sage and onion stuffing stuffing (from 14-oz bag)
- 0.3 teaspoon thyme leaves dried

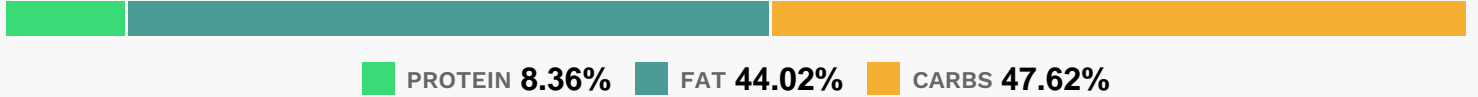
Equipment

- frying pan
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 350F. Spray 8-inch square (2-quart) glass baking dish with cooking spray. In 12-inch nonstick skillet, melt butter over medium-high heat.
- Add stir-fry vegetables. Cook 1 to 2 minutes, stirring occasionally, until tender.
- Stir in broccoli and corn. Cook 2 to 4 minutes, stirring occasionally, until vegetables are thawed. Stir in broth.
- Heat to boiling; remove from heat. Stir in stuffing cubes and thyme. Spoon into baking dish.
- Cover with foil; bake 25 to 30 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:20.56, Glycemic Load:2.62, Inflammation Score:-8, Nutrition Score:15.956956610731%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 238.54kcal (11.93%), Fat: 11.98g (18.43%), Saturated Fat: 2.4g (15.03%), Carbohydrates: 29.16g (9.72%), Net Carbohydrates: 24.63g (8.96%), Sugar: 4.75g (5.28%), Cholesterol: 1.03mg (0.34%), Sodium: 711.3mg (30.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.23%), Selenium: 50.62µg (72.32%), Vitamin C: 56.55mg (68.55%), Vitamin K: 37.59µg (35.8%), Vitamin A: 1504.6IU (30.09%), Fiber: 4.53g (18.12%), Folate: 70.2µg (17.55%), Manganese: 0.3mg (15.17%), Vitamin E: 2.16mg (14.4%), Vitamin B1: 0.2mg (13.05%), Vitamin B2: 0.2mg (11.73%), Vitamin B3: 2.33mg (11.64%), Vitamin B6: 0.19mg (9.35%), Iron: 1.5mg (8.36%), Phosphorus: 81.53mg (8.15%), Potassium: 255.54mg (7.3%), Magnesium: 25.7mg (6.42%), Copper: 0.1mg (5.25%), Calcium: 48.23mg

(4.82%), Vitamin B5: 0.46mg (4.56%), Zinc: 0.6mg (3.98%)