



Fruited Bread Stuffing

 Dairy Free

READY IN



60 min.

SERVINGS



12

CALORIES



300 kcal

SIDE DISH

Ingredients

- 1 cup butter
- 2 large stalks celery (with leaves), chopped (1 1/2 cups)
- 0.8 cup onion finely chopped
- 9 cups unseasoned bread cubes soft (15 slices bread)
- 1 cup mandarin orange segments diced
- 1 cup cooking oil chopped
- 2 tablespoons sage dried fresh chopped
- 1 tablespoon thyme leaves dried fresh chopped

- 1.5 teaspoons salt
- 0.5 teaspoon pepper

Equipment

- oven
- baking pan
- dutch oven

Directions

- Heat oven to 325°. Grease bottom and side of 3-quart casserole or rectangular baking dish, 13x9x2 inches, with shortening.
- Melt butter in 4-quart Dutch oven over medium-high heat. Cook celery and onion in butter, stirring occasionally, until tender; remove from heat.
- Toss celery mixture and remaining ingredients. Spoon into casserole.
- Cover and bake 30 minutes. Uncover and bake about 15 minutes longer or until heated through.

Nutrition Facts



PROTEIN 6.62% **FAT 62.12%** **CARBS 31.26%**

Properties

Glycemic Index:19.72, Glycemic Load:11.78, Inflammation Score:-8, Nutrition Score:12.60000007308%

Flavonoids

Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg Naringenin: 1.63mg, Naringenin: 1.63mg, Naringenin: 1.63mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 299.89kcal (14.99%), Fat: 21g (32.31%), Saturated Fat: 3.77g (23.57%), Carbohydrates: 23.78g (7.93%), Net Carbohydrates: 21.36g (7.77%), Sugar: 4.64g (5.16%), Cholesterol: 0mg (0%), Sodium: 673.91mg (29.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.07%), Copper: 3.11mg (155.55%), Manganese: 0.65mg

(32.38%), Selenium: 12.19µg (17.42%), Vitamin A: 846.46IU (16.93%), Vitamin B1: 0.19mg (12.88%), Vitamin B3: 2.46mg (12.29%), Folate: 43.07µg (10.77%), Iron: 1.79mg (9.97%), Fiber: 2.42g (9.69%), Vitamin E: 1.37mg (9.15%), Calcium: 78.62mg (7.86%), Vitamin C: 6.34mg (7.69%), Vitamin B2: 0.13mg (7.61%), Phosphorus: 67.4mg (6.74%), Vitamin K: 6.85µg (6.52%), Magnesium: 24.25mg (6.06%), Vitamin B5: 0.43mg (4.28%), Vitamin B6: 0.08mg (4.01%), Potassium: 135.06mg (3.86%), Zinc: 0.5mg (3.37%)