



Gluten Free NO-Hassle Holiday Stuffing

READY IN



155 min.

SERVINGS



12

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 3 large apples cored peeled cut into 1/2-inch chunks
- ☐ 2 loaves bread gluten-free cut into 3/4-inch cubes
- ☐ 0.5 cup butter melted
- ☐ 2 cups celery chopped
- ☐ 4 cups chicken broth
- ☐ 1 pinch salt and ground pepper black to taste
- ☐ 2 onions chopped
- ☐ 2 teaspoons poultry seasoning to taste

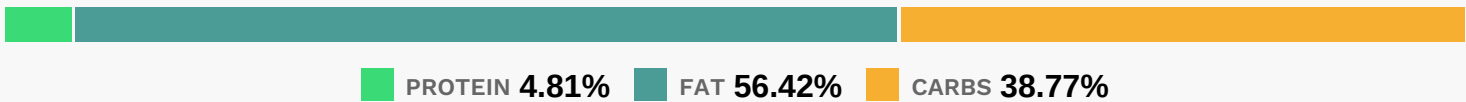
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ casserole dish

Directions

- ☐ Preheat oven to 200 degrees F (95 degrees C).
- ☐ Spread bread cubes onto 2 baking sheets.
- ☐ Bake in the preheated oven until completely dry, about 2 hours.
- ☐ Transfer bread cubes to a large bowl.
- ☐ Melt 1/2 cup butter in a large saucepan over medium heat; saute onions, apples, and celery, stirring occasionally, until tender, about 10 minutes.
- ☐ Add chicken broth and poultry seasoning and simmer until flavors blend, about 5 minutes.
- ☐ Pour mixture over bread cubes and toss to coat; season with salt and pepper. Cover bowl with plastic wrap and set aside for liquid to absorb, about 1 hour.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Remove cover from bowl and transfer bread cube mixture to a 9x13-inch casserole dish.
- ☐ Drizzle 1/2 cup melted butter over bread cube mixture.
- ☐ Bake in the preheated oven until golden brown, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:19.31, Glycemic Load:3.68, Inflammation Score:-4, Nutrition Score:3.7117391410081%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg, Epicatechin: 4.2mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

Nutrients (% of daily need)

Calories: 125.03kcal (6.25%), Fat: 8.21g (12.64%), Saturated Fat: 4.95g (30.91%), Carbohydrates: 12.7g (4.23%), Net Carbohydrates: 10.55g (3.84%), Sugar: 7.42g (8.25%), Cholesterol: 21.9mg (7.3%), Sodium: 388.36mg (16.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.15%), Vitamin K: 9.82µg (9.35%), Manganese: 0.18mg (8.8%), Fiber: 2.15g (8.58%), Vitamin A: 352.9IU (7.06%), Vitamin C: 4.49mg (5.45%), Vitamin B2: 0.09mg (5.35%), Potassium: 155.53mg (4.44%), Folate: 15.93µg (3.98%), Vitamin B1: 0.06mg (3.9%), Vitamin B6: 0.07mg (3.36%), Calcium: 28.89mg (2.89%), Vitamin B3: 0.57mg (2.86%), Vitamin E: 0.41mg (2.76%), Selenium: 1.94µg (2.76%), Phosphorus: 27.5mg (2.75%), Iron: 0.48mg (2.68%), Magnesium: 10.12mg (2.53%), Copper: 0.05mg (2.48%), Vitamin B5: 0.15mg (1.54%), Zinc: 0.2mg (1.32%)