



Grandma's Cracker Dressing

READY IN



20 min.

SERVINGS



8

CALORIES



162 kcal

SIDE DISH

Ingredients

- 1 cup celery chopped
- 2 cups chicken broth
- 1 tablespoon cornstarch
- 0.3 cup parsley fresh chopped
- 1 teaspoon ground pepper fresh black
- 0.3 cup half-and-half cream
- 2 hard-cooked eggs chopped
- 0.5 cup onion chopped
- 8 ounces saltines

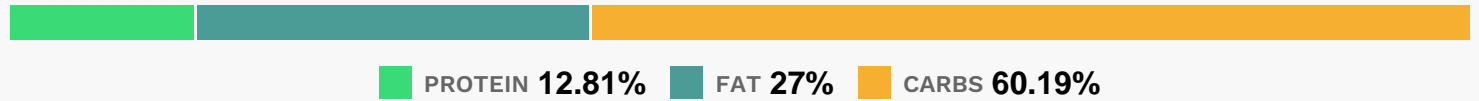
Equipment

- bowl
- sauce pan
- aluminum foil

Directions

- In a large bowl, combine the saltine crackers, celery, onion, eggs, parsley and pepper. Set aside.
- Measure the half-and-half into a small cup and stir in the cornstarch. Bring the chicken broth to a boil in a small saucepan. Stir in the half-and-half and simmer for a few minutes to thicken. The gravy will be somewhat thin.
- Pour hot gravy over the cracker mixture one cup at a time, stirring each time, until the dressing is moist but not soupy. Cover the bowl tightly with aluminum foil and let rest for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:8.1726087228112%

Flavonoids

Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 162.19kcal (8.11%), Fat: 4.82g (7.42%), Saturated Fat: 1.43g (8.94%), Carbohydrates: 24.2g (8.07%), Net Carbohydrates: 22.9g (8.33%), Sugar: 1.68g (1.87%), Cholesterol: 50.45mg (16.82%), Sodium: 516.53mg (22.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.3%), Vitamin K: 42.24µg (40.22%), Manganese: 0.33mg (16.46%), Vitamin B2: 0.26mg (15.51%), Vitamin B1: 0.23mg (15.4%), Folate: 53.05µg (13.26%), Iron: 1.96mg (10.91%), Selenium: 7.39µg (10.56%), Vitamin B3: 2.05mg (10.25%), Phosphorus: 67.49mg (6.75%), Vitamin A: 309.43IU

(6.19%), Fiber: 1.3g (5.2%), Vitamin C: 3.69mg (4.48%), Potassium: 140.56mg (4.02%), Vitamin B5: 0.39mg (3.91%), Vitamin E: 0.55mg (3.67%), Vitamin B6: 0.07mg (3.35%), Calcium: 33.14mg (3.31%), Copper: 0.07mg (3.27%), Magnesium: 12.9mg (3.22%), Vitamin B12: 0.19µg (3.17%), Zinc: 0.45mg (3.03%), Vitamin D: 0.28µg (1.83%)