



Granny's Challah Stuffing



Vegetarian



Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



286 kcal

SIDE DISH

Ingredients

- ☐ 2 carrots chopped
- ☐ 2 stalks celery chopped
- ☐ 1 pound challah bread sliced
- ☐ 3 eggs
- ☐ 1 onion chopped
- ☐ 6 servings salt and pepper to taste
- ☐ 1 tablespoon vegetable oil

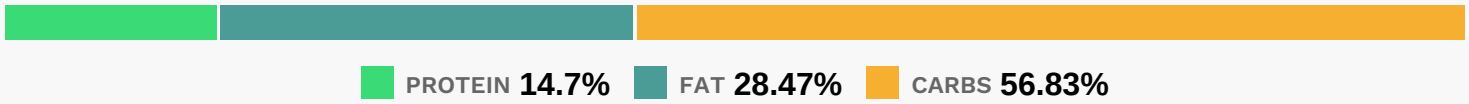
Equipment

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

Directions

- ☐ Heat the oil in a skillet, and cook and stir the chopped onion until translucent, about 10 minutes. Set the onion aside to cool.
- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13 inch glass baking dish.
- ☐ Fill a bowl with warm water, and soak the challah, one slice at a time. Gently squeeze out the excess water, and place the challah in a large bowl.
- ☐ Mix in the cooked onion, carrots, and celery, and gently mix in the eggs. Season with salt and pepper.
- ☐ Spread stuffing in the prepared baking dish, cover with aluminum foil and bake in the preheated oven until cooked through and set, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:17.64, Glycemic Load:1.08, Inflammation Score:-10, Nutrition Score:15.525651952495%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 286kcal (14.3%), Fat: 8.98g (13.82%), Saturated Fat: 2.26g (14.1%), Carbohydrates: 40.35g (13.45%), Net Carbohydrates: 37.52g (13.64%), Sugar: 3.35g (3.72%), Cholesterol: 120.4mg (40.13%), Sodium: 537.74mg (23.38%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.44g (20.87%), Vitamin A: 3735.43IU (74.71%), Selenium: 29.67µg (42.39%), Vitamin B2: 0.45mg (26.73%), Folate: 101.87µg (25.47%), Vitamin B1: 0.36mg (24.31%), Manganese: 0.45mg (22.56%), Vitamin B3: 3.95mg (19.73%), Iron: 2.81mg (15.62%), Phosphorus: 139.33mg (13.93%), Fiber: 2.83g (11.33%), Vitamin K: 11.58µg (11.03%), Calcium: 99.01mg (9.9%), Copper: 0.16mg (7.97%), Vitamin B6: 0.15mg (7.29%), Potassium: 243.84mg (6.97%), Vitamin B5: 0.66mg (6.61%), Zinc: 0.98mg (6.53%), Magnesium: 22.75mg (5.69%), Vitamin E: 0.79mg (5.25%), Vitamin D: 0.74µg (4.95%), Vitamin B12: 0.27µg (4.52%), Vitamin C: 2.97mg (3.6%)