



Ham, Gruyère, and Onion Stuffing

READY IN



45 min.

SERVINGS



12

CALORIES



147 kcal

SIDE DISH

Ingredients

- 12 ounces sourdough bread toasted
- 1.5 cups chicken stock see unsalted
- 2 eggs
- 0.3 cup parsley fresh chopped
- 2 ounces gruyere cheese diced
- 0.7 cup low sodium shoyu finely chopped
- 1 tablespoon olive oil
- 2 cups onion finely chopped

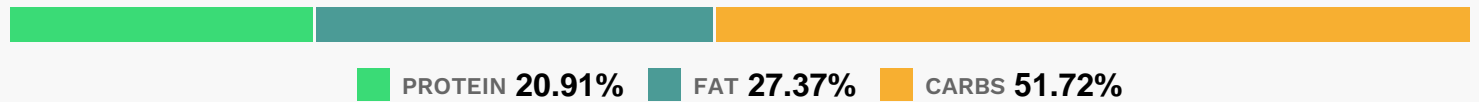
Equipment

- frying pan
- oven
- baking pan

Directions

- Combine chicken stock and eggs.
- Add toasted sourdough bread cubes.
- Heat a nonstick skillet over medium-high heat.
- Add olive oil; swirl. Saut onion for 2 minutes. Reduce heat to low; cook 30 minutes. Cool slightly.
- Add onion, ham, Gruyre cheese, and parsley to bread mixture.
- Bake stuffing at 350 for 45 minutes in an 11 x 7-inch baking dish coated with cooking spray.

Nutrition Facts



Properties

Glycemic Index:11.63, Glycemic Load:11.9, Inflammation Score:-4, Nutrition Score:7.8808695907178%

Flavonoids

Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 147.42kcal (7.37%), Fat: 4.52g (6.95%), Saturated Fat: 1.55g (9.67%), Carbohydrates: 19.2g (6.4%), Net Carbohydrates: 17.99g (6.54%), Sugar: 3.04g (3.38%), Cholesterol: 33.38mg (11.13%), Sodium: 769.5mg (33.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.76g (15.52%), Vitamin K: 21.72µg (20.68%), Selenium: 11.91µg (17.01%), Vitamin B1: 0.24mg (15.77%), Vitamin B2: 0.24mg (13.86%), Folate: 53.49µg (13.37%), Manganese: 0.25mg (12.39%), Phosphorus: 112.95mg (11.29%), Vitamin B3: 2.06mg (10.3%), Iron: 1.64mg (9.11%), Calcium: 79.59mg

(7.96%), Magnesium: 25.92mg (6.48%), Vitamin B6: 0.12mg (6.04%), Zinc: 0.79mg (5.24%), Potassium: 174.35mg (4.98%), Fiber: 1.22g (4.87%), Vitamin C: 3.7mg (4.48%), Copper: 0.09mg (4.26%), Vitamin A: 191.13IU (3.82%), Vitamin B5: 0.32mg (3.17%), Vitamin E: 0.4mg (2.66%), Vitamin B12: 0.14µg (2.35%), Vitamin D: 0.17µg (1.17%)