



Herb and Onion Stuffing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



123 kcal

SIDE DISH

Ingredients

- ☐ 2 cups celery chopped (4 to 5 stalks)
- ☐ 2 large eggs
- ☐ 2 tablespoons marjoram fresh chopped
- ☐ 2 tablespoons sage fresh chopped
- ☐ 1 teaspoon coarsely ground pepper black
- ☐ 1 cup low-salt chicken broth ()
- ☐ 1 pound onions chopped
- ☐ 0.3 cup parsley fresh italian chopped

- ☐ 1.5 teaspoons sea salt fine
- ☐ 0.5 cup butter unsalted (1 stick)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Melt butter in heavy large skillet overmedium heat.
- ☐ Add onions and celery.Sauté until vegetables are tender, about12 minutes.
- ☐ Add all herbs; sauté 1 minutelonger. DO AHEAD: Can be made 1 dayahead.
- ☐ Transfer to bowl, cover, and chill.
- ☐ Preheat oven to 350°F. Divide breadbetween 2 rimmed baking sheets.
- ☐ Bake until bread is crusty but not hard,reversing sheets after 5 minutes, 10 to12 minutes total.
- ☐ Transfer to very largebowl and cool.
- ☐ Butter 13x9x2-inch baking dish. Stirvegetable mixture into bread.
- ☐ Whisk eggs,salt, and pepper in small bowl to blend;whisk in 1 cup broth.
- ☐ Add egg mixture tostuffing, tossing to combine evenly andadding more broth by 1/4 cupfuls if dry.
- ☐ Transfer stuffing to prepared dish.
- ☐ Bake stuffing uncovered until cookedthrough and brown and crusty on top, 50to 60 minutes.
- ☐ Let stand 10 minutes.

Nutrition Facts



 **PROTEIN 8.16%**  **FAT 74.06%**  **CARBS 17.78%**

Properties

Glycemic Index:15.5, Glycemic Load:1.07, Inflammation Score:-5, Nutrition Score:10.050000076709%

Flavonoids

Apigenin: 4.67mg, Apigenin: 4.67mg, Apigenin: 4.67mg, Apigenin: 4.67mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg, Isorhamnetin: 2.27mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg, Quercetin: 9.29mg

Nutrients (% of daily need)

Calories: 123.36kcal (6.17%), Fat: 10.46g (16.09%), Saturated Fat: 6.25g (39.08%), Carbohydrates: 5.65g (1.88%), Net Carbohydrates: 4.36g (1.58%), Sugar: 2.29g (2.54%), Cholesterol: 61.6mg (20.53%), Sodium: 390.49mg (16.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.19%), Copper: 3.69mg (184.46%), Vitamin K: 38.41µg (36.58%), Vitamin A: 590.39IU (11.81%), Manganese: 0.23mg (11.57%), Vitamin C: 6.51mg (7.89%), Folate: 23.85µg (5.96%), Fiber: 1.29g (5.17%), Selenium: 3.5µg (5.01%), Potassium: 173.94mg (4.97%), Phosphorus: 49.47mg (4.95%), Vitamin B2: 0.08mg (4.95%), Vitamin B6: 0.09mg (4.57%), Calcium: 39.37mg (3.94%), Iron: 0.64mg (3.54%), Vitamin E: 0.45mg (2.99%), Magnesium: 11.76mg (2.94%), Vitamin B5: 0.28mg (2.82%), Vitamin D: 0.37µg (2.47%), Vitamin B3: 0.48mg (2.4%), Vitamin B1: 0.04mg (2.34%), Vitamin B12: 0.13µg (2.2%), Zinc: 0.31mg (2.08%)