



Herb Stuffing

READY IN



105 min.

SERVINGS



6

CALORIES



346 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound butter 2 sticks
- ☐ 1 cup small-diced celery
- ☐ 30 ounces chicken stock see
- ☐ 2 tablespoons parsley leaves fresh minced
- ☐ 3 tablespoons sage leaves fresh minced
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon ground pepper white
- ☐ 1 cup medium-diced onions
- ☐ 1 tablespoons salt

☐ 1 loaf texas toast croutons diced

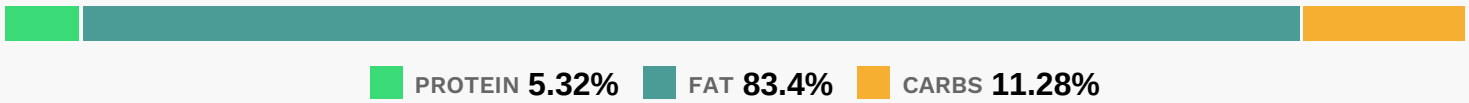
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ aluminum foil
- ☐ stove

Directions

- ☐ In a saucepan over medium heat, add the butter and allow to warm. Then add the celery and onions. Reduce the heat to medium-low and cook, stirring with a spoon, for 15 minutes. Once cooked, remove the pan from the stovetop.
- ☐ Preheat the oven to 375 degrees F.
- ☐ Put the Texas toast cubes in a 12-by-18-inch roasting pan.
- ☐ Add the celery mixture, stock, sage, parsley, garlic, salt and pepper. Gently mix and allow to rest for 20 to 30 minutes. During the rest, stir gently again with a spoon, ensuring not to break the bread apart. After resting and marinating the bread, cover with foil and bake until set, 30 to 45 minutes. Once cooked, remove from the oven and serve.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.77, Inflammation Score:-7, Nutrition Score:11.766521811485%

Flavonoids

Apigenin: 3.36mg, Apigenin: 3.36mg, Apigenin: 3.36mg, Apigenin: 3.36mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg

Quercetin: 5.51mg

Nutrients (% of daily need)

Calories: 345.94kcal (17.3%), Fat: 32.63g (50.21%), Saturated Fat: 20g (125.03%), Carbohydrates: 9.92g (3.31%), Net Carbohydrates: 8.6g (3.13%), Sugar: 3.65g (4.06%), Cholesterol: 85.52mg (28.51%), Sodium: 1625.08mg (70.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.37%), Copper: 9.2mg (460.21%), Vitamin K: 29.86µg (28.44%), Vitamin A: 1137.41IU (22.75%), Manganese: 0.43mg (21.39%), Vitamin B3: 2.37mg (11.85%), Vitamin B2: 0.16mg (9.3%), Potassium: 267.22mg (7.63%), Vitamin B6: 0.15mg (7.55%), Vitamin E: 0.98mg (6.54%), Phosphorus: 65.09mg (6.51%), Vitamin C: 5.21mg (6.32%), Iron: 1.04mg (5.77%), Selenium: 3.93µg (5.61%), Calcium: 53.92mg (5.39%), Folate: 21.53µg (5.38%), Vitamin B1: 0.08mg (5.35%), Fiber: 1.32g (5.28%), Magnesium: 18.13mg (4.53%), Zinc: 0.4mg (2.68%), Vitamin B5: 0.13mg (1.29%), Vitamin B12: 0.06µg (1.07%)