



Herbed Bread Stuffing



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



81 kcal

SIDE DISH

Ingredients

- ☐ 3 celery stalks thinly sliced
- ☐ 1.5 cups chicken broth
- ☐ 0.5 teaspoon rosemary dried
- ☐ 0.5 teaspoon sage dried
- ☐ 1 teaspoon thyme dried
- ☐ 3 medium onion chopped
- ☐ 1 stick butter unsalted
- ☐ 0.5 cup water

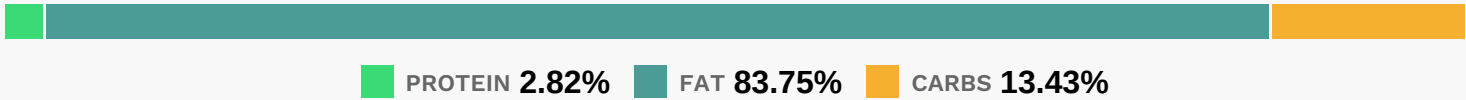
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 325°F.
- ☐ Toast bread in a large shallow baking pan in middle of oven until just dry, 25 to 30 minutes. Cook onions, celery, and herbs in butter in a large heavy skillet over moderately low heat, stirring occasionally, until celery is softened, about 10 minutes. Stir together bread, vegetables, broth, water, and salt and pepper to taste, then cool completely, uncovered.
- ☐ You can make stuffing 1 day ahead and keep it covered and chilled.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.57, Inflammation Score:-3, Nutrition Score:1.4313043407772%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 80.68kcal (4.03%), Fat: 7.74g (11.9%), Saturated Fat: 4.86g (30.35%), Carbohydrates: 2.79g (0.93%), Net Carbohydrates: 2.27g (0.83%), Sugar: 1.31g (1.46%), Cholesterol: 20.83mg (6.94%), Sodium: 112.46mg (4.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.17%), Vitamin A: 244.49IU (4.89%), Manganese: 0.06mg (2.86%), Vitamin C: 2.11mg (2.56%), Vitamin K: 2.56µg (2.44%), Fiber: 0.52g (2.07%), Vitamin B6: 0.03mg (1.73%), Vitamin B2: 0.03mg (1.7%), Vitamin E: 0.25mg (1.63%), Folate: 6.12µg (1.53%), Potassium: 51.06mg (1.46%), Vitamin B1: 0.02mg (1.33%), Calcium: 12.15mg (1.22%), Phosphorus: 11.82mg (1.18%), Iron: 0.19mg (1.04%)