



Lemon-Parmesan Stuffing

READY IN



45 min.

SERVINGS



5

CALORIES



426 kcal

SIDE DISH

Ingredients

- ☐ 6 cups day-old bread cubes 8 slices bread
- ☐ 0.3 cup butter melted
- ☐ 1.5 cups cooking wine dry white
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons sage fresh chopped
- ☐ 2 lemons diced peeled seeded
- ☐ 2 cups onions coarsely chopped
- ☐ 0.7 cup parmesan cheese freshly grated
- ☐ 1 teaspoon pepper freshly ground

- ☐ 1 teaspoon salt
- ☐ 5 servings turkey giblets chopped

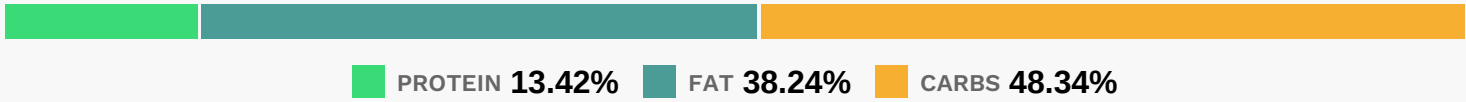
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook onion in butter in a large skillet over medium–high heat, stirring constantly, until tender.
- ☐ Add giblets and wine. Bring to a boil; cover, reduce heat, and simmer 45 minutes or until giblets are tender.
- ☐ Add lemon, and cook, uncovered, 2 minutes.
- ☐ Place bread cubes in a large bowl.
- ☐ Pour giblet mixture over bread cubes; add Parmesan cheese and remaining ingredients, tossing mixture well.

Nutrition Facts



Properties

Glycemic Index:38.03, Glycemic Load:19.55, Inflammation Score:-8, Nutrition Score:23.676956363346%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Eriodictyol: 9.23mg, Eriodictyol: 9.23mg, Eriodictyol: 9.23mg, Eriodictyol: 9.23mg Hesperetin: 12.34mg, Hesperetin: 12.34mg, Hesperetin: 12.34mg, Hesperetin: 12.34mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 13.52mg, Quercetin: 13.52mg, Quercetin: 13.52mg, Quercetin: 13.52mg

Nutrients (% of daily need)

Calories: 425.85kcal (21.29%), Fat: 16.32g (25.1%), Saturated Fat: 4.57g (28.54%), Carbohydrates: 46.41g (15.47%), Net Carbohydrates: 41.05g (14.93%), Sugar: 8.37g (9.3%), Cholesterol: 14.93mg (4.98%), Sodium: 1133.58mg (49.29%), Alcohol: 7.42g (100%), Alcohol %: 3.33% (100%), Protein: 12.88g (25.76%), Copper: 7.44mg (371.98%), Manganese: 1.29mg (64.49%), Vitamin K: 53.92µg (51.35%), Vitamin C: 31.78mg (38.52%), Selenium: 25.1µg (35.86%), Calcium: 259.82mg (25.98%), Vitamin B1: 0.34mg (22.86%), Phosphorus: 217.75mg (21.78%), Fiber: 5.36g (21.43%), Folate: 83.6µg (20.9%), Vitamin B3: 4.1mg (20.48%), Iron: 3.62mg (20.13%), Vitamin A: 919.65IU (18.39%), Vitamin B2: 0.28mg (16.28%), Magnesium: 56.11mg (14.03%), Vitamin B6: 0.24mg (12.21%), Zinc: 1.61mg (10.75%), Potassium: 362.47mg (10.36%), Vitamin B5: 0.85mg (8.54%), Vitamin B12: 0.32µg (5.37%), Vitamin E: 0.65mg (4.36%)