



Milk Cracker Stuffing

 **Gluten Free**

READY IN



30 min.

SERVINGS



10

CALORIES



237 kcal

SIDE DISH

Ingredients

- ☐ 5 stalks celery finely chopped
- ☐ 3 eggs beaten
- ☐ 1 pound sausage meat
- ☐ 3 cups milk hot
- ☐ 16 ounce milk crackers
- ☐ 1 large onion finely chopped
- ☐ 1 teaspoon poultry seasoning
- ☐ 10 servings salt and pepper to taste

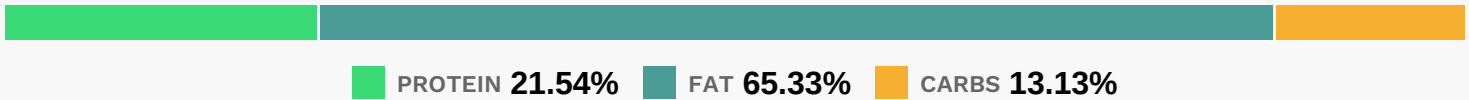
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a food processor, grind the milk crackers into crumbs.
- ☐ Place in a large bowl.
- ☐ Place sausage in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, reserving liquid, and mix into the bowl with cracker crumbs.
- ☐ In a medium saucepan over medium heat, slowly cook and stir the onion and celery in 3 tablespoons of the reserved sausage liquid until soft.
- ☐ Mix the onion and celery into the cracker crumb and sausage mixture.
- ☐ Mix in the poultry seasoning, salt, pepper, eggs and milk. Chill in the refrigerator approximately 1 hour before stuffing the turkey.

Nutrition Facts



Properties

Glycemic Index:16.3, Glycemic Load:2.5, Inflammation Score:-4, Nutrition Score:9.3408695822177%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 237.32kcal (11.87%), Fat: 17.15g (26.38%), Saturated Fat: 6.63g (41.43%), Carbohydrates: 7.76g (2.59%), Net Carbohydrates: 7.16g (2.6%), Sugar: 6.66g (7.4%), Cholesterol: 95.99mg (32%), Sodium: 562.73mg (24.47%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.72g (25.44%), Phosphorus: 216.61mg (21.66%), Vitamin B12: 1.14µg (19.05%), Vitamin B2: 0.3mg (17.36%), Calcium: 170.86mg (17.09%), Vitamin D: 2.16µg (14.39%), Vitamin B1: 0.21mg (13.87%), Vitamin B6: 0.27mg (13.45%), Vitamin B3: 2.36mg (11.77%), Zinc: 1.7mg (11.33%), Potassium: 383.85mg (10.97%), Vitamin B5: 1.02mg (10.17%), Selenium: 6.47µg (9.25%), Vitamin A: 392.73IU (7.85%), Vitamin K: 8.11µg (7.72%), Magnesium: 26.31mg (6.58%), Iron: 0.88mg (4.88%), Folate: 16.98µg (4.25%), Manganese: 0.06mg (3.24%), Copper: 0.06mg (2.77%), Vitamin C: 2.07mg (2.51%), Fiber: 0.6g (2.39%), Vitamin E: 0.34mg (2.29%)