



Moist and Savory Stuffing



Vegetarian



Dairy Free

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READY IN

ready

15 min.

SERVINGS

servings

8

CALORIES

calories

184 kcal

SIDE DISH

Ingredients

- ☐ 1 stalk celery coarsely chopped
- ☐ 1.8 cups chicken broth organic swanson® regular, Natural or Certified
- ☐ 1 dash ground pepper black generous
- ☐ 1 small onion coarsely chopped
- ☐ 4 cups herb seasoned stuffing pepperidge farm®

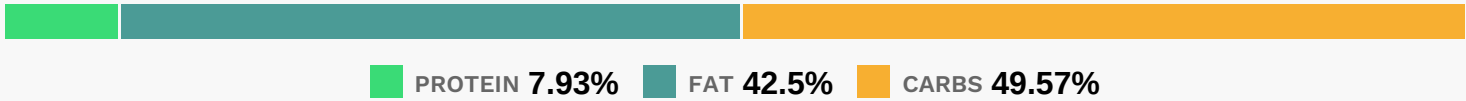
Equipment

- ☐ sauce pan

Directions

- ☐ Heat broth, black pepper, celery and onion in 2-quart saucepan over high heat to a boil. Reduce heat to low. Cover and cook for 5 minutes or until vegetables are tender.
- ☐ Add stuffing and stir lightly to coat.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:0.2, Inflammation Score:-5, Nutrition Score:8.5143477489119%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 184.32kcal (9.22%), Fat: 8.73g (13.42%), Saturated Fat: 1.75g (10.92%), Carbohydrates: 22.9g (7.63%), Net Carbohydrates: 19.77g (7.19%), Sugar: 2.77g (3.08%), Cholesterol: 1.03mg (0.34%), Sodium: 674.07mg (29.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.32%), Selenium: 50.07µg (71.53%), Vitamin K: 15.22µg (14.5%), Fiber: 3.13g (12.53%), Folate: 42.46µg (10.62%), Manganese: 0.21mg (10.53%), Vitamin B1: 0.15mg (10.13%), Vitamin E: 1.44mg (9.57%), Vitamin B2: 0.14mg (8.39%), Vitamin B3: 1.61mg (8.07%), Vitamin A: 336.72IU (6.73%), Iron: 1.16mg (6.42%), Phosphorus: 47.81mg (4.78%), Copper: 0.09mg (4.25%), Calcium: 38.12mg (3.81%), Magnesium: 13.96mg (3.49%), Potassium: 109.19mg (3.12%), Vitamin B6: 0.05mg (2.71%), Zinc: 0.34mg (2.25%), Vitamin B5: 0.11mg (1.09%)