



## Really Easy Bread Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



180 kcal

SIDE DISH

### Ingredients

- 1 pinch ground pepper black
- 1 small onion chopped
- 1 teaspoon poultry seasoning
- 1 pinch salt
- 0.3 cup water
- 1 pound bread white

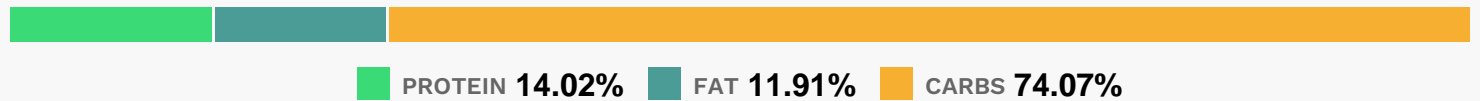
### Equipment

- aluminum foil

## Directions

- Moisten all the bread with as much water as is needed to make moist.
- Add the onion, seasoning, and salt and pepper.
- Mix with hands.
- Place in turkey or in foil and wrap up (which I do) and cook for at least 1 hour, longer if you are cooking it in the turkey. May open the foil for last 15 minutes to make top crusty.

## Nutrition Facts



## Properties

Glycemic Index:19.11, Glycemic Load:22.93, Inflammation Score:-3, Nutrition Score:7.7086956339038%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## Nutrients (% of daily need)

Calories: 179.87kcal (8.99%), Fat: 2.36g (3.63%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 33.01g (11%), Net Carbohydrates: 31.32g (11.39%), Sugar: 3.89g (4.33%), Cholesterol: 0mg (0%), Sodium: 315.53mg (13.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.5%), Vitamin B1: 0.33mg (22.26%), Selenium: 15.1µg (21.58%), Manganese: 0.42mg (20.9%), Folate: 74.22µg (18.56%), Vitamin B3: 3.1mg (15.52%), Calcium: 142.19mg (14.22%), Iron: 2.3mg (12.78%), Vitamin B2: 0.16mg (9.34%), Phosphorus: 76.63mg (7.66%), Fiber: 1.7g (6.79%), Magnesium: 19.24mg (4.81%), Copper: 0.09mg (4.41%), Zinc: 0.6mg (3.98%), Vitamin B6: 0.08mg (3.77%), Vitamin B5: 0.36mg (3.6%), Potassium: 92.56mg (2.64%), Vitamin K: 2.49µg (2.38%)