



## RITZÂ® Cracker Stuffing

 Dairy Free

READY IN



60 min.

SERVINGS



14

CALORIES



365 kcal

SIDE DISH

### Ingredients

- 0.3 cup butter ()
- 0.5 cup celery chopped
- 14 oz chicken broth canned
- 2 eggs beaten
- 0.3 cup parsley fresh chopped
- 0.5 tsp ground pepper black
- 1 cup mushrooms coarsely chopped
- 0.5 cup onion chopped

- 1 Tbsp poultry seasoning
- 1 lb ritz crackers crushed ( 7 cups crumbs)
- 2 cups planters walnuts coarsely chopped

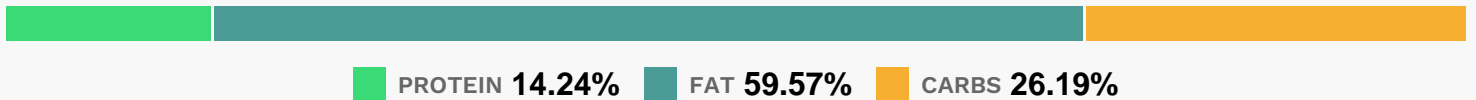
## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 325F. Cook mushrooms, onion and celery in butter in skillet on medium heat until tender.
- Mix cracker crumbs, walnuts, parsley, poultry seasoning, pepper and vegetable mixture in large bowl.
- Add broth and eggs, tossing until well blended. Spoon into 2-quart baking dish or pan; cover.
- Bake 30 to 40 minutes or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:12.5, Glycemic Load:0.44, Inflammation Score:-5, Nutrition Score:12.270000006842%

## Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Apigenin: 2.41mg, Apigenin: 2.41mg, Apigenin: 2.41mg, Apigenin: 2.41mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

## Nutrients (% of daily need)

Calories: 365.13kcal (18.26%), Fat: 24.64g (37.91%), Saturated Fat: 4.32g (27.01%), Carbohydrates: 24.39g (8.13%), Net Carbohydrates: 22.21g (8.08%), Sugar: 3.54g (3.94%), Cholesterol: 37.56mg (12.52%), Sodium: 474.05mg (20.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.25g (26.51%), Manganese: 0.79mg (39.7%), Vitamin K: 38.62µg (36.78%), Phosphorus: 212.73mg (21.27%), Copper: 0.36mg (17.76%), Iron: 2.65mg (14.73%), Selenium: 10.16µg (14.52%), Vitamin B1: 0.21mg (14.26%), Vitamin B3: 2.74mg (13.72%), Folate: 48.89µg (12.22%), Vitamin B2: 0.2mg (11.91%), Zinc: 1.58mg (10.51%), Magnesium: 41.77mg (10.44%), Vitamin E: 1.55mg (10.36%), Vitamin B6: 0.2mg (9.8%), Fiber: 2.18g (8.71%), Calcium: 82.87mg (8.29%), Vitamin A: 347.69IU (6.95%), Potassium: 214.58mg (6.13%), Vitamin B12: 0.35µg (5.77%), Vitamin B5: 0.44mg (4.39%), Vitamin C: 2.37mg (2.87%), Vitamin D: 0.17µg (1.12%)