



Rye Bread Stuffing

 Vegetarian

READY IN



300 min.

SERVINGS



8

CALORIES



296 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon caraway seeds
- ☐ 3 cups celery chopped
- ☐ 5 garlic clove finely chopped
- ☐ 2 cups chicken broth reduced-sodium
- ☐ 1 medium onion finely chopped
- ☐ 2 delicious apples peeled chopped
- ☐ 1 pound cocktail rye bread cut into 1-inch chunks
- ☐ 1 stick butter unsalted divided

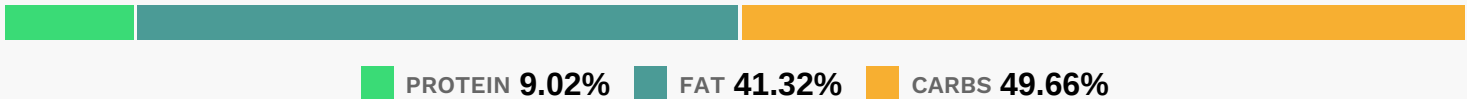
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°F with racks in upper and lower thirds.
- ☐ Toast bread chunks in two 4-sided sheet pans in oven until lightly browned, about 15 minutes, then transfer to a large bowl. Leave oven on.
- ☐ Meanwhile, cook caraway seeds in 6 tablespoons butter in a 12-inch heavy skillet over medium-high heat, stirring, until fragrant, about 2 minutes.
- ☐ Add celery, apples, onion, garlic, 3/4 teaspoon salt, and 1/2 teaspoon pepper and sauté until vegetables are softened and starting to brown, 12 to 15 minutes.
- ☐ Add stock, scraping up any brown bits.
- ☐ Add mixture to bread cubes, tossing to coat.
- ☐ Transfer to a 3-quart baking dish and dot with remaining 2 tablespoons butter.
- ☐ Bake, uncovered, in upper third of oven until stuffing is crisp on top, about 45 minutes.
- ☐ Josmeyer Les Folastries
- ☐ Gewürztraminer '05
- ☐ Stuffing can be baked 1 day ahead and chilled (covered once cool). Reheat, covered, in a 300°F oven, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:14.89, Inflammation Score:-6, Nutrition Score:11.119130404099%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

Nutrients (% of daily need)

Calories: 295.66kcal (14.78%), Fat: 13.88g (21.36%), Saturated Fat: 7.75g (48.46%), Carbohydrates: 37.54g (12.51%), Net Carbohydrates: 32.18g (11.7%), Sugar: 8.11g (9.01%), Cholesterol: 30.37mg (10.12%), Sodium: 392.82mg (17.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.64%), Manganese: 0.57mg (28.75%), Selenium: 18.18µg (25.97%), Fiber: 5.35g (21.42%), Folate: 80.49µg (20.12%), Vitamin B1: 0.27mg (18.23%), Vitamin B3: 3.17mg (15.85%), Vitamin B2: 0.25mg (14.86%), Vitamin K: 13.85µg (13.19%), Phosphorus: 114.34mg (11.43%), Vitamin A: 552.93IU (11.06%), Iron: 1.96mg (10.91%), Potassium: 326.38mg (9.33%), Copper: 0.18mg (8.83%), Magnesium: 32.48mg (8.12%), Calcium: 73.3mg (7.33%), Vitamin B6: 0.14mg (6.81%), Vitamin C: 5.15mg (6.24%), Zinc: 0.84mg (5.63%), Vitamin E: 0.71mg (4.73%), Vitamin B5: 0.41mg (4.14%), Vitamin D: 0.21µg (1.41%), Vitamin B12: 0.08µg (1.38%)