

Sage Stuffing

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



238 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound baguette cut into 1-inch cubes (8 cups)
- ☐ 2 rib celery coarsely chopped
- ☐ 0.3 cup celery leaves chopped
- ☐ 1 large eggs
- ☐ 1 medium onion coarsely chopped
- ☐ 1.5 tablespoons sage chopped
- ☐ 7 tablespoons butter unsalted divided

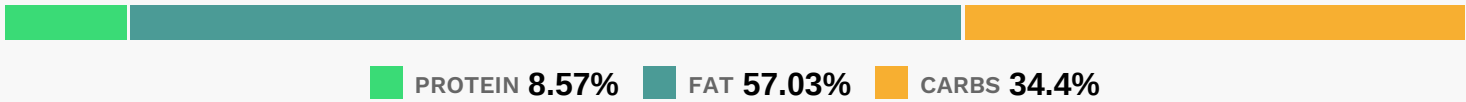
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400°F with rack in lower third. Butter a 11/2–qt shallow baking dish or gratin dish.
- ☐ Cook onion and celery in 6 tablespoon butter with 1/2 teaspoon salt and 1/4 teaspoon pepper in a large heavy skillet over medium heat, stirring occasionally, until softened, 8 to 10 minutes.
- ☐ Transfer to a bowl and toss with bread cubes, celery leaves, and sage, then cool 5 minutes.
- ☐ Whisk together stock and egg (if stock is hot, gradually whisk into egg), then toss with bread mixture until absorbed.
- ☐ Transfer to baking dish and dot top with remaining tablespoon butter.
- ☐ Bake, covered with foil, 30 minutes, then uncover and bake until top is golden, about 10 minutes more.
- ☐ Stuffing can be assembled (but not baked) 1 day ahead and chilled (covered once cool). Bring to room temperature before baking.

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:12.91, Inflammation Score:-5, Nutrition Score:11.082608751629%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.77mg, Quercetin: 3.77mg,

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Nutrients (% of daily need)

Calories: 238.33kcal (11.92%), Fat: 15.19g (23.37%), Saturated Fat: 8.91g (55.7%), Carbohydrates: 20.62g (6.87%), Net Carbohydrates: 19.19g (6.98%), Sugar: 2.77g (3.08%), Cholesterol: 66.12mg (22.04%), Sodium: 258.82mg (11.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.27%), Copper: 4.61mg (230.66%), Manganese: 0.37mg (18.26%), Vitamin B1: 0.24mg (15.99%), Selenium: 9.37µg (13.38%), Folate: 53.19µg (13.3%), Vitamin B2: 0.18mg (10.56%), Vitamin A: 514.05IU (10.28%), Iron: 1.69mg (9.37%), Vitamin B3: 1.79mg (8.97%), Calcium: 67.72mg (6.77%), Phosphorus: 65.44mg (6.54%), Vitamin K: 6.32µg (6.02%), Fiber: 1.43g (5.71%), Vitamin B6: 0.09mg (4.3%), Magnesium: 17.02mg (4.26%), Vitamin E: 0.62mg (4.11%), Potassium: 130.49mg (3.73%), Vitamin B5: 0.34mg (3.44%), Zinc: 0.5mg (3.32%), Vitamin D: 0.41µg (2.74%), Vitamin C: 1.77mg (2.15%), Vitamin B12: 0.1µg (1.7%)