



Simmer Family Turkey Stuffing

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

12

CALORIES

calories

220 kcal

SIDE DISH

Ingredients

- ☐ 1 pound day-old bread
- ☐ 10 stalks celery diced
- ☐ 6 eggs beaten
- ☐ 0.5 cup butter
- ☐ 3 onions chopped
- ☐ 2 teaspoons poultry seasoning

Equipment

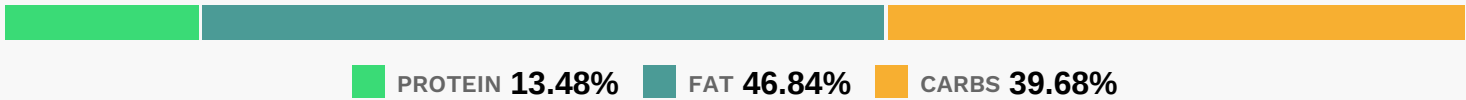
- ☐ bowl

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Lightly grease a medium baking dish.
- ☐ Melt margarine in a medium saucepan over medium heat.
- ☐ Place onions and celery in the saucepan. Slowly cook and stir until tender.
- ☐ Place bread in a large bowl. Toss in poultry seasoning. Stir in the onion and celery mixture.
- ☐ Mix in eggs and stir until all ingredients are moist and coated.
- ☐ Transfer mixture to the medium baking dish. Cover and bake in the preheated oven 20 minutes, or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:9.81, Glycemic Load:10.36, Inflammation Score:-6, Nutrition Score:9.7639130613078%

Flavonoids

Apigenin: 0.95mg, Apigenin: 0.95mg, Apigenin: 0.95mg, Apigenin: 0.95mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg, Quercetin: 5.71mg

Nutrients (% of daily need)

Calories: 219.73kcal (10.99%), Fat: 11.53g (17.73%), Saturated Fat: 2.57g (16.05%), Carbohydrates: 21.98g (7.33%), Net Carbohydrates: 19.42g (7.06%), Sugar: 3.87g (4.3%), Cholesterol: 81.84mg (27.28%), Sodium: 327.08mg (14.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.93%), Manganese: 0.55mg (27.47%), Selenium: 17.93µg (25.62%), Folate: 60.25µg (15.06%), Vitamin K: 14.48µg (13.79%), Vitamin B2: 0.23mg (13.32%), Vitamin B1: 0.19mg (12.38%), Vitamin A: 616.87IU (12.34%), Vitamin B3: 2.28mg (11.4%), Phosphorus: 111.04mg (11.1%), Iron: 1.99mg (11.04%), Fiber: 2.55g (10.2%), Calcium: 85.39mg (8.54%), Vitamin B5: 0.77mg (7.71%), Vitamin B6: 0.14mg (7.11%), Magnesium: 25.58mg (6.4%), Potassium: 216.73mg (6.19%), Zinc: 0.78mg (5.18%), Copper: 0.1mg (4.85%), Vitamin E: 0.7mg (4.64%), Vitamin C: 3.2mg (3.88%), Vitamin B12: 0.21µg (3.42%), Vitamin D: 0.44µg

(2.93%)