



Simply Herby Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



124 kcal

SIDE DISH

Ingredients

- ☐ 12 ounces sourdough bread cubes toasted
- ☐ 1.5 cups chicken stock see unsalted
- ☐ 2 eggs
- ☐ 0.5 cup parsley fresh chopped
- ☐ 2 tablespoons thyme leaves fresh
- ☐ 5 garlic cloves minced
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper

- ☐ 1 tablespoon sage chopped
- ☐ 0.5 teaspoon salt

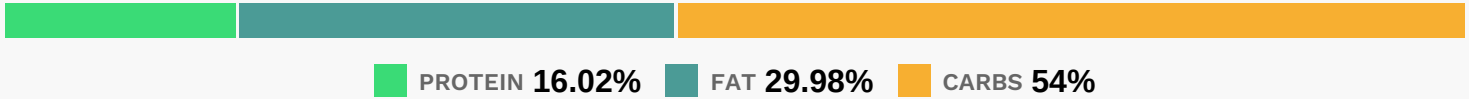
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Combine chicken stock and eggs.
- ☐ Add toasted sourdough bread cubes.
- ☐ Saut minced garlic in olive oil. Stir garlic mixture, parsley, thyme, sage, salt, and pepper into bread mixture.
- ☐ Let stand 5 minutes.
- ☐ Bake stuffing at 350 for 45 minutes in an 11 x 7-inch baking dish coated with cooking spray.

Nutrition Facts



Properties

Glycemic Index:18.29, Glycemic Load:11.55, Inflammation Score:-8, Nutrition Score:11.031304219495%

Flavonoids

Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 123.9kcal (6.2%), Fat: 4.15g (6.39%), Saturated Fat: 0.82g (5.14%), Carbohydrates: 16.82g (5.61%), Net Carbohydrates: 15.87g (5.77%), Sugar: 1.85g (2.05%), Cholesterol: 28.18mg (9.39%), Sodium: 322.68mg (14.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.98%), Copper: 1.6mg (79.77%), Vitamin K: 42.84µg (40.8%), Selenium: 11.2µg (16.01%), Vitamin B1: 0.22mg (14.77%), Manganese: 0.26mg (12.81%), Vitamin B2: 0.19mg (11.19%), Folate: 44.19µg (11.05%), Iron: 1.76mg (9.76%), Vitamin B3: 1.91mg (9.55%), Vitamin C: 5.64mg (6.84%), Vitamin A: 307.1IU (6.14%), Phosphorus: 57.3mg (5.73%), Vitamin B6: 0.08mg (4.16%), Magnesium: 15.58mg (3.89%),

Fiber: 0.95g (3.81%), Calcium: 33.92mg (3.39%), Zinc: 0.5mg (3.36%), Vitamin E: 0.5mg (3.35%), Potassium: 104.04mg (2.97%), Vitamin B5: 0.23mg (2.3%), Vitamin B12: 0.07µg (1.09%)