



Skinny Stuffing

 Vegetarian  Dairy Free

READY IN



100 min.

SERVINGS



12

CALORIES



122 kcal

SIDE DISH

Ingredients

- 15 slices bread white
- 2 tablespoons olive oil
- 0.5 cup celery chopped
- 0.5 cup onion chopped
- 0.5 cup carrots chopped
- 2 cups chicken broth reduced-sodium (from 32-oz carton)
- 1 teaspoon sage dried fresh crushed finely chopped
- 0.5 teaspoon salt

1.5 teaspoons thyme sprigs fresh chopped

0.3 teaspoon pepper

Equipment

frying pan

baking sheet

oven

Directions

Heat oven to 350°F. Spray 2-quart casserole with cooking spray; set aside.

On large cookie sheet, place bread slices.

Bake 15 to 20 minutes, turning each slice once, until firm and very light golden brown.

Remove bread slices from cookie sheet; cut into 1/2-inch cubes.

In 12-inch nonstick skillet, heat oil over medium-high heat.

Add celery, onion and carrot; cook 6 to 8 minutes, stirring frequently, until tender. Stir in broth, sage, salt, thyme and pepper; heat to boiling.

Remove from heat. Stir in bread cubes until well mixed. Spoon mixture into casserole.

Cover; bake 30 minutes. Uncover; bake 15 to 20 minutes longer or until hot and top is light golden brown.

Nutrition Facts



PROTEIN 17.07% **FAT 28.08%** **CARBS 54.85%**

Properties

Glycemic Index:21.04, Glycemic Load:9.39, Inflammation Score:-7, Nutrition Score:8.6843476736027%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 121.86kcal (6.09%), Fat: 3.85g (5.93%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 16.93g (5.64%), Net Carbohydrates: 14.44g (5.25%), Sugar: 2.19g (2.43%), Cholesterol: 0mg (0%), Sodium: 273.59mg (11.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.54%), Manganese: 0.79mg (39.71%), Copper: 0.61mg (30.64%), Vitamin A: 923.17IU (18.46%), Selenium: 9.09µg (12.98%), Vitamin B3: 2.17mg (10.84%), Fiber: 2.49g (9.95%), Vitamin B1: 0.14mg (9.67%), Phosphorus: 91.2mg (9.12%), Magnesium: 29.87mg (7.47%), Calcium: 65.97mg (6.6%), Iron: 1.1mg (6.1%), Vitamin K: 6.17µg (5.87%), Vitamin B6: 0.1mg (4.95%), Folate: 18.61µg (4.65%), Vitamin B2: 0.08mg (4.63%), Potassium: 161.9mg (4.63%), Zinc: 0.69mg (4.62%), Vitamin E: 0.57mg (3.82%), Vitamin B5: 0.27mg (2.75%), Vitamin C: 1.34mg (1.62%)