



Skinny Stuffing



Vegetarian



Dairy Free

READY IN



100 min.

SERVINGS



12

CALORIES



122 kcal

SIDE DISH

Ingredients

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

- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

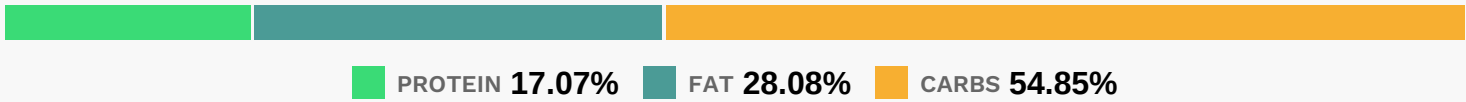
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 350F. 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



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, 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%)