



Sourdough Stuffing with Apples and Ham

READY IN



45 min.

SERVINGS



12

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 cups braeburn apple diced peeled
- ☐ 2 tablespoons butter
- ☐ 2 cups celery thinly sliced
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 14.5 ounce less-sodium chicken broth fat-free canned
- ☐ 10 ounces 3%-less-sodium ham chopped
- ☐ 0.5 teaspoon poultry seasoning
- ☐ 2 cups onion red vertically sliced

- ☐ 0.3 teaspoon salt
- ☐ 1 pound sourdough bread cut into 1/2-inch cubes (12 cups)

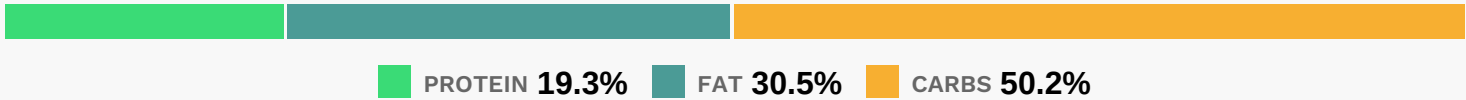
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Arrange the bread cubes in single layers on 2 baking sheets.
- ☐ Bake at 350 for 18 minutes or until toasted.
- ☐ Remove from oven.
- ☐ Increase oven temperature to 37
- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add onion and celery; saut 4 minutes or until tender.
- ☐ Add ham and next 5 ingredients (ham through salt); saut 2 minutes.
- ☐ Combine onion mixture and bread, tossing gently to combine.
- ☐ Add broth; toss gently to coat. Spoon mixture into a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Cover and bake at 375 for 10 minutes. Uncover and bake an additional 35 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:21.13, Glycemic Load:16.52, Inflammation Score:-5, Nutrition Score:8.9413043260574%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 202.76kcal (10.14%), Fat: 6.93g (10.66%), Saturated Fat: 2.84g (17.76%), Carbohydrates: 25.67g (8.56%), Net Carbohydrates: 23.57g (8.57%), Sugar: 5.33g (5.92%), Cholesterol: 19.66mg (6.55%), Sodium: 726.34mg (31.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.87g (19.73%), Vitamin B1: 0.43mg (28.85%), Selenium: 17.16µg (24.52%), Vitamin B3: 3.18mg (15.89%), Folate: 59.61µg (14.9%), Vitamin B2: 0.24mg (14.37%), Manganese: 0.28mg (14.2%), Phosphorus: 109mg (10.9%), Iron: 1.94mg (10.76%), Vitamin B6: 0.19mg (9.48%), Fiber: 2.1g (8.4%), Vitamin K: 7.45µg (7.09%), Zinc: 1.03mg (6.88%), Potassium: 229.65mg (6.56%), Magnesium: 22.96mg (5.74%), Copper: 0.11mg (5.38%), Vitamin C: 3.48mg (4.22%), Calcium: 39.37mg (3.94%), Vitamin B12: 0.22µg (3.73%), Vitamin B5: 0.37mg (3.66%), Vitamin A: 149.91IU (3%), Vitamin E: 0.31mg (2.08%), Vitamin D: 0.17µg (1.1%)