



## STOVE TOP In-the-Bird Directions

 Dairy Free

READY IN



255 min.

SERVINGS



6

CALORIES



783 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup butter
- 6 oz stove top stuffing mix
- 1 turkey whole frozen thawed
- 1.5 cups water

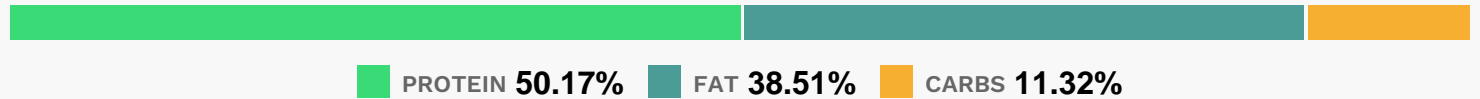
### Equipment

- sauce pan
- oven
- baking pan

## Directions

- Bring water and margarine to boil in medium saucepan.
- Add stuffing mix; stir just until moistened.
- Stuff turkey lightly with prepared stuffing.
- Bake as directed on turkey wrapper. Meanwhile, place any remaining stuffing in baking dish; refrigerate until ready to add to oven for the last 30 min. of the turkey baking time.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:35.301739188154%

## Nutrients (% of daily need)

Calories: 782.77kcal (39.14%), Fat: 32.79g (50.45%), Saturated Fat: 8.09g (50.57%), Carbohydrates: 21.69g (7.23%), Net Carbohydrates: 20.78g (7.56%), Sugar: 2.6g (2.89%), Cholesterol: 309.39mg (103.13%), Sodium: 971.29mg (42.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 96.11g (192.21%), Vitamin B3: 34.4mg (171.99%), Selenium: 105.05µg (150.07%), Vitamin B6: 2.62mg (130.78%), Vitamin B12: 5.25µg (87.55%), Phosphorus: 827.79mg (82.78%), Vitamin B2: 0.91mg (53.66%), Zinc: 7.91mg (52.74%), Vitamin B5: 3.6mg (36.03%), Magnesium: 119.54mg (29.89%), Potassium: 1035.37mg (29.58%), Iron: 4.77mg (26.51%), Vitamin B1: 0.38mg (25.07%), Copper: 0.41mg (20.38%), Folate: 77.77µg (19.44%), Vitamin A: 579.31IU (11.59%), Manganese: 0.22mg (11%), Vitamin D: 1.29µg (8.59%), Calcium: 79.34mg (7.93%), Vitamin E: 0.79mg (5.25%), Fiber: 0.91g (3.63%)