



Stuffing of Champions



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



52 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 bunch celery diced
- ☐ 2 onions chopped
- ☐ 1 ounce sage seasoning mixture

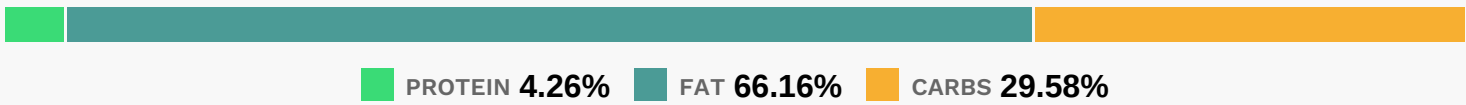
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Allow the bread to become stale overnight. Break stale bread into pieces and place in a large bowl.
- ☐ Melt the butter in a medium saucepan over medium-low heat. Slowly cook and stir the celery and onions until the onions are soft.
- ☐ Transfer to the bowl with bread and mix by hand until well blended.
- ☐ Sprinkle the mixture with sage seasoning and use to stuff the bird.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.79, Inflammation Score:-3, Nutrition Score:6.3021739215954%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg, Quercetin: 7.47mg

Nutrients (% of daily need)

Calories: 51.85kcal (2.59%), Fat: 3.93g (6.05%), Saturated Fat: 2.47g (15.44%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 3.08g (1.12%), Sugar: 1.65g (1.83%), Cholesterol: 10.03mg (3.34%), Sodium: 36.9mg (1.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.14%), Copper: 5.83mg (291.41%), Manganese: 0.25mg (12.25%), Vitamin C: 2.92mg (3.54%), Fiber: 0.87g (3.47%), Vitamin A: 147.29IU (2.95%), Calcium: 24.79mg (2.48%), Vitamin B6: 0.05mg (2.45%), Folate: 9.51µg (2.38%), Vitamin K: 2.43µg (2.31%), Potassium: 80.16mg (2.29%), Magnesium: 7.75mg (1.94%), Iron: 0.31mg (1.7%), Vitamin B1: 0.02mg (1.61%), Phosphorus: 14.06mg (1.41%), Vitamin B2: 0.02mg (1.04%)