



## Three-Onion Stuffing

 Vegetarian

READY IN



45 min.

SERVINGS



14

CALORIES



159 kcal

SIDE DISH

### Ingredients

- ☐ 1.3 cups celery stalks chopped
- ☐ 1 cup flat parsley fresh dry washed chopped well
- ☐ 1 tablespoon sage fresh chopped
- ☐ 2 tablespoons thyme sprigs fresh chopped
- ☐ 10 small cloves garlic minced
- ☐ 5.3 cups leek halved lengthwise ( 8 small)
- ☐ 3 tablespoons olive oil
- ☐ 3 medium onion red cut into 1-inch pieces ( 5 1/2 cups)

- ☐ 0.5 pound shallots cut lengthwise into sixths
- ☐ 1 cup turkey broth
- ☐ 3 tablespoons butter unsalted
- ☐ 7 cups sandwich bread white firm ( 12 slices)

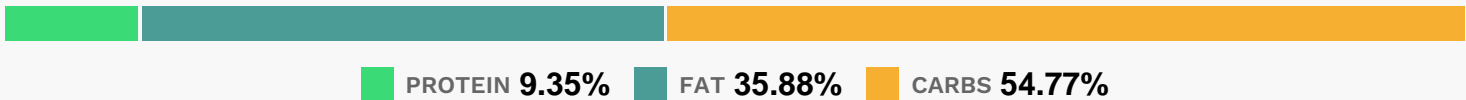
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ colander

## Directions

- ☐ Preheat oven to 350°F.
- ☐ In a shallow baking pan spread bread in one layer and bake in middle of oven, stirring occasionally, until golden, 10 to 15 minutes.
- ☐ Transfer bread to a large bowl.
- ☐ In a bowl of water wash leeks and drain by lifting leeks from water into a colander.
- ☐ In a large heavy skillet cook leeks, red onions, shallots, celery, garlic, and herbs with salt and pepper to taste in butter and oil over moderate heat, stirring, until onion mixture is softened, about 10 minutes.
- ☐ Add onion mixture to bread with salt and pepper to taste and toss to combine well. Cool stuffing and transfer to a buttered 4-quart baking dish. Stuffing may be made 1 day ahead and chilled, covered.
- ☐ During last 1 1/2 hours of grilling turkey, drizzle stuffing with stock or broth and bake, covered, in middle of oven 1 hour.
- ☐ Bake stuffing, uncovered, 20 to 30 minutes more, or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:21.63, Glycemic Load:10.69, Inflammation Score:-9, Nutrition Score:15.181739110662%

## Flavonoids

Apigenin: 9.52mg, Apigenin: 9.52mg, Apigenin: 9.52mg, Apigenin: 9.52mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg, Isorhamnetin: 1.18mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg

## Nutrients (% of daily need)

Calories: 158.87kcal (7.94%), Fat: 6.51g (10.02%), Saturated Fat: 2.2g (13.73%), Carbohydrates: 22.37g (7.46%), Net Carbohydrates: 19.83g (7.21%), Sugar: 5.03g (5.59%), Cholesterol: 6.79mg (2.26%), Sodium: 189.64mg (8.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.64%), Vitamin K: 90.94µg (86.61%), Copper: 1.41mg (70.75%), Manganese: 0.49mg (24.55%), Vitamin A: 1082.23IU (21.64%), Vitamin C: 15.29mg (18.54%), Folate: 66.69µg (16.67%), Iron: 2.27mg (12.63%), Vitamin B1: 0.17mg (11.33%), Vitamin B6: 0.22mg (11.17%), Fiber: 2.54g (10.16%), Calcium: 100.26mg (10.03%), Selenium: 6.31µg (9.01%), Vitamin B3: 1.42mg (7.1%), Potassium: 242.39mg (6.93%), Magnesium: 27.41mg (6.85%), Phosphorus: 64.2mg (6.42%), Vitamin E: 0.93mg (6.23%), Vitamin B2: 0.1mg (5.97%), Zinc: 0.47mg (3.11%), Vitamin B5: 0.3mg (3.04%)