



Tom Szaller's Great Pan or Bird Stuffing

READY IN



105 min.

SERVINGS



25

CALORIES



281 kcal

SIDE DISH

Ingredients

- ☐ 6 ounces bacon sliced
- ☐ 3 pound loaves bread white
- ☐ 0.5 cup butter
- ☐ 2 tablespoons celery salt
- ☐ 1 tablespoon basil dried
- ☐ 1 cup mushrooms fresh sliced
- ☐ 2 tablespoons garlic powder
- ☐ 2 bell peppers green chopped
- ☐ 1 tablespoon ground pepper black

- ☐ 1 pound sausage meat
- ☐ 2.5 tablespoons poultry seasoning
- ☐ 2 bell peppers red chopped
- ☐ 1 tablespoon seasoning salt
- ☐ 1.5 pounds onions sweet peeled chopped
- ☐ 4 cups water

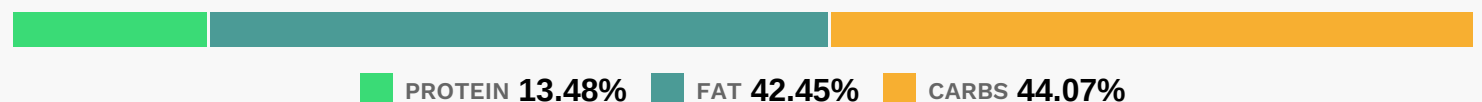
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Drain, crumble and set aside.
- ☐ Place sausage in a large Dutch oven. Cook over medium high heat, stirring to crumble, until evenly brown.
- ☐ Drain.
- ☐ Add the bacon to the sausage along with the onions, green bell peppers, red bell peppers, mushrooms, butter, pepper, celery salt, seasoning salt, poultry seasoning, basil, garlic powder and water. Bring to a boil; cook and stir 10 to 20 minutes, until the vegetables are soft.
- ☐ Gradually place the bread into the mixture, thoroughly blending until all pieces are coated.
- ☐ Transfer to a large baking dish or two medium baking dishes.
- ☐ Bake in the preheated oven 40 to 60 minutes, or until the top begins to brown.

Nutrition Facts



Properties

Glycemic Index:10.55, Glycemic Load:19.32, Inflammation Score:-6, Nutrition Score:11.445217422817%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 281.3kcal (14.06%), Fat: 13.28g (20.43%), Saturated Fat: 5.32g (33.22%), Carbohydrates: 31.02g (10.34%), Net Carbohydrates: 28.9g (10.51%), Sugar: 5.01g (5.57%), Cholesterol: 27.32mg (9.11%), Sodium: 1292.03mg (56.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.49g (18.97%), Vitamin C: 21.41mg (25.95%), Vitamin B1: 0.37mg (24.93%), Manganese: 0.45mg (22.54%), Selenium: 14.74µg (21.06%), Vitamin B3: 4.06mg (20.31%), Folate: 74.37µg (18.59%), Iron: 2.57mg (14.3%), Calcium: 135.88mg (13.59%), Phosphorus: 116.07mg (11.61%), Vitamin B6: 0.23mg (11.55%), Vitamin B2: 0.2mg (11.5%), Vitamin A: 476.72IU (9.53%), Fiber: 2.12g (8.48%), Vitamin K: 8.11µg (7.73%), Zinc: 1.1mg (7.34%), Copper: 0.14mg (6.89%), Magnesium: 26.37mg (6.59%), Potassium: 222.53mg (6.36%), Vitamin B5: 0.59mg (5.89%), Vitamin E: 0.51mg (3.4%), Vitamin B12: 0.2µg (3.29%), Vitamin D: 0.27µg (1.81%)