



Vegetarian Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



338 kcal

SIDE DISH

Ingredients

- 0.3 cup apples cubed
- 1 pound bread
- 10.8 ounce cream of mushroom soup canned
- 0.5 cup rice wild cooked
- 0.3 cup cranberries dried
- 0.5 cup mushrooms fresh
- 6 servings pepper black to taste
- 0.5 cup pecans chopped

- 1 teaspoon poultry seasoning
- 6 servings salt to taste
- 10.5 ounce vegetable stock canned
- 2 tablespoons water

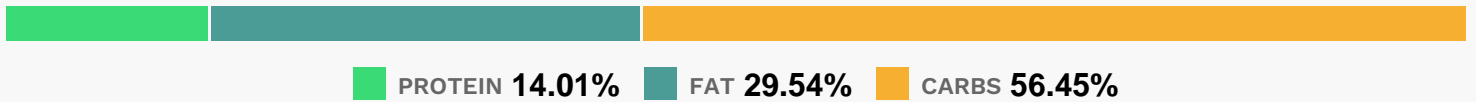
Equipment

- oven
- aluminum foil

Directions

- Mix together the bread, cream of mushroom soup, vegetable broth, water, poultry seasoning, and salt and pepper to taste.
- Add any or all of the optional ingredients as desired. It will be sticky. Shape into a loaf and wrap in (nonstick, sprayed) foil to bake.
- Bake for about an hour at 350 degrees F (175 degrees C). You can slice it like a meatloaf and serve.

Nutrition Facts



Properties

Glycemic Index:34.94, Glycemic Load:19.88, Inflammation Score:-5, Nutrition Score:15.185652260547%

Flavonoids

Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg, Cyanidin: 1.09mg Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg, Delphinidin: 0.67mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 338.47kcal (16.92%), Fat: 11.35g (17.46%), Saturated Fat: 1.73g (10.79%), Carbohydrates: 48.81g (16.27%), Net Carbohydrates: 44.03g (16.01%), Sugar: 9.59g (10.66%), Cholesterol: 2.54mg (0.85%), Sodium: 1111.41mg (48.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.12g (24.23%), Manganese: 1.56mg (77.79%), Selenium: 23.03µg (32.9%), Vitamin B3: 5.3mg (26.49%), Vitamin B1: 0.4mg (26.46%), Iron: 3.58mg (19.91%), Fiber: 4.78g (19.12%), Folate: 75.36µg (18.84%), Copper: 0.37mg (18.71%), Vitamin B2: 0.28mg (16.5%), Phosphorus: 157.2mg (15.72%), Zinc: 2mg (13.34%), Magnesium: 52.07mg (13.02%), Calcium: 108.34mg (10.83%), Vitamin B5: 0.95mg (9.51%), Vitamin B6: 0.16mg (7.94%), Potassium: 258.77mg (7.39%), Vitamin K: 7.44µg (7.08%), Vitamin E: 0.43mg (2.84%), Vitamin A: 124.81IU (2.5%), Vitamin B12: 0.08µg (1.41%)