



Vegetarian Turkey Stuffing



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



283 kcal

SIDE DISH

Ingredients

- ☐ 4.5 ounce mushrooms drained canned
- ☐ 3 stalks celery finely chopped
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1.5 cups oatmeal cornflakes
- ☐ 1 clove garlic crushed
- ☐ 1 bell pepper green finely chopped
- ☐ 6 servings ground pepper black to taste
- ☐ 1 onion finely chopped

- ☐ 6 servings salt to taste
- ☐ 1 tablespoon vegetable oil

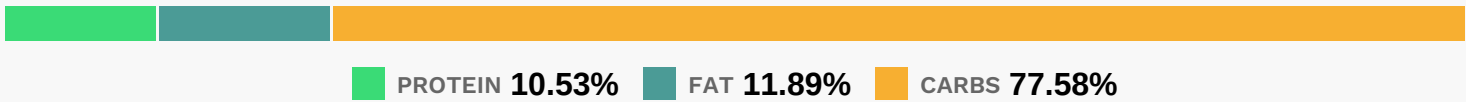
Equipment

- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium casserole dish.
- ☐ Heat the oil in a skillet over medium heat, and saute the onion, celery, pepper, mushrooms, and garlic until tender. Season with salt and pepper.
- ☐ Mix in the corn flake crumbs and soup.
- ☐ Transfer to the prepared casserole dish.
- ☐ Bake 30 minutes in the preheated oven, until lightly browned.

Nutrition Facts



Properties

Glycemic Index:21.83, Glycemic Load:0.58, Inflammation Score:-9, Nutrition Score:27.248261120008%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 282.59kcal (14.13%), Fat: 3.88g (5.96%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 56.92g (18.97%), Net Carbohydrates: 53.35g (19.4%), Sugar: 7.64g (8.49%), Cholesterol: 2.54mg (0.85%), Sodium: 1092.89mg (47.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.45%), Iron: 17.78mg (98.8%), Vitamin B6: 1.18mg (58.99%), Vitamin B3: 11.57mg (57.84%), Folate: 229.96µg (57.49%), Vitamin B1: 0.85mg (56.39%), Vitamin

B2: 0.96mg (56.27%), Vitamin B12: 3.04µg (50.64%), Vitamin C: 30.5mg (36.97%), Vitamin A: 1220.5IU (24.41%), Manganese: 0.36mg (18%), Copper: 0.3mg (14.94%), Vitamin D: 2.17µg (14.48%), Fiber: 3.57g (14.27%), Vitamin K: 11.74µg (11.18%), Phosphorus: 104.1mg (10.41%), Zinc: 1.39mg (9.29%), Magnesium: 36.13mg (9.03%), Potassium: 307.64mg (8.79%), Selenium: 6.03µg (8.61%), Vitamin B5: 0.5mg (5%), Vitamin E: 0.39mg (2.61%), Calcium: 23mg (2.3%)