



WESTERN WISCONSIN HEALTH

TURKEY STUFFING

- 9 slices whole wheat bread, cubed
- 9 slices white bread, cubed
- 6 medium celery stalks, chopped
- 3 medium onions, chopped
- 3 small apples, cored and chopped
- 1/8 oz. fresh sage, chopped (use 1/3 C.)
- 3 T. fresh parsley, chopped
- 1 1/2 T. thyme, chopped
- 4 1/2 C. fat-free, low-sodium chicken broth
- 3/4 C. fat-free egg substitute
- 1/8 tsp. table salt
- 1/8 tsp. black pepper, or more to taste

Nutrition Facts

Serving Size (120g)
Servings Per Container

Amount Per Serving

Calories 90 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 16g **5%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 4g

Vitamin A 2% • Vitamin C 6%

Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Preheat oven to 350° F. Spread bread on baking pans and bake until lightly toasted. In a large nonstick skillet, sauté celery, onion and apples until tender. In a very large bowl, stir together bread cubes, celery mixture, sage, parsley and thyme. Drizzle with broth and egg substitute and toss gently to coat. Season with salt and pepper. Spoon stuffing into a 9x13" casserole dish and bake until heated through and browned on top (about 50 minutes). Cut into 24 pieces and serve.

NUTRITION FACTS: Serving size: serves 24