

Crockpot Stuffing

Lori Hassing

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL Lori

12 - 13 cups bread cubes
1 cup margarine
2 eggs, beaten
2 cups celery, chopped
1 teaspoon sage
2 cups onion, chopped
1 teaspoon thyme
1 teaspoon poultry seasoning
1 1/2 teaspoons pepper
1 1/2 teaspoons salt
3 1/2 to 4 1/2 cups chicken broth

Saute' onion and celery margarine.

Combine the rest of the ingredients and pack loosely into the crockpot.

Cover and cook on high for 45 minutes.

Cook on low for approximately four hours.

Per Serving (excluding unknown items): 20570 Calories; 451g Fat (20.0% calories from fat); 623g Protein; 3439g Carbohydrate; 124g Dietary Fiber; 424mg Cholesterol; 48704mg Sodium. Exchanges: 225 Grain(Starch); 3 1/2 Lean Meat; 6 Vegetable; 84 Fat.

Side Dishes, Slow Cooker

Per Serving Nutritional Analysis

| | |
|--------------------------------|---------|
| Calories (kcal): | 20570 |
| % Calories from Fat: | 20.0% |
| % Calories from Carbohydrates: | 67.8% |
| % Calories from Protein: | 12.3% |
| Total Fat (g): | 451g |
| Saturated Fat (g): | 94g |
| Monounsaturated Fat (g): | 190g |
| Polyunsaturated Fat (g): | 129g |
| Cholesterol (mg): | 424mg |
| Carbohydrate (g): | 3439g |
| Dietary Fiber (g): | 124g |
| Protein (g): | 623g |
| Sodium (mg): | 48704mg |

| | |
|---------------------|---------|
| Vitamin B6 (mg): | 5.5mg |
| Vitamin B12 (mcg): | 2.3mcg |
| Thiamin B1 (mg): | 34.6mg |
| Riboflavin B2 (mg): | 21.2mg |
| Folacin (mcg): | 1373mcg |
| Niacin (mg): | 333mg |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refuse: | 0.0% |

Food Exchanges

| | |
|-----------------|-------|
| Grain (Starch): | 225 |
| Lean Meat: | 3 1/2 |
| Vegetable: | 6 |

Potassium (mg): 12553mg
Calcium (mg): 11022mg
Iron (mg): 294mg
Zinc (mg): 59mg
Vitamin C (mg): 39mg
Vitamin A (i.u.): 9060IU
Vitamin A (r.e.): 1990RE

Fruit: 0
Non-Fat Milk: 0
Fat: 84
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 20570 **Calories from Fat:** 4108

% Daily Values*

| | | |
|----------------------------|---------|-------|
| Total Fat | 451g | 693% |
| Saturated Fat | 94g | 470% |
| Cholesterol | 424mg | 141% |
| Sodium | 48704mg | 2029% |
| Total Carbohydrates | 3439g | 1146% |
| Dietary Fiber | 124g | 496% |
| Protein | 623g | |
| Vitamin A | | 181% |
| Vitamin C | | 66% |
| Calcium | | 1102% |
| Iron | | 1634% |

* Percent Daily Values are based on a 2000 calorie diet.