

Crunchy Holiday Stuffing

Paula Macri - Gattuso's Bella Cucina
French's Fried Onion Rings

Servings: 8

1/2 cup butter
1 1/2 cups celery, coarsely chopped
1 1/2 cups carrots, coarsely chopped
1 package (14 ounce) stuffing
1 can (14.5 ounce) chicken broth
1 cup water
2 cups French's french fried onions

Preparation Time: 10 minutes

Cook Time: 20 minutes

Melt the butter in a large pot. Stir in the vegetables. Saute' for 5 minutes.

Add the stuffing, broth and water. Stir until moistened. Gently stir in one cup of onions. Spoon the stuffing into a three-quart baking dish.

Cover and bake for 10 minutes. Uncover. Sprinkle with the remaining onions.

Bake for 5 minutes or until the onions are golden.

Per Serving (excluding unknown items): 165 Calories; 14g Fat (74.4% calories from fat); 2g Protein; 9g Carbohydrate; 2g Dietary Fiber; 31mg Cholesterol; 377mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 2 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	165	Vitamin B6 (mg):	.1mg
% Calories from Fat:	74.4%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	21.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.6%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	14g	Folacin (mcg):	36mcg
Saturated Fat (g):	8g	Niacin (mg):	1mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	31mg	% Daily Value:	0 0%
	9g		

Food Exchanges

Carbohydrate (g):
Dietary Fiber (g): 2g
Protein (g): 2g
Sodium (mg): 377mg
Potassium (mg): 190mg
Calcium (mg): 29mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 4mg
Vitamin A (i.u.): 7323IU
Vitamin A (r.e.): 796RE

Grain (Starch): 1/2
Lean Meat: 0
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 165 Calories from Fat: 123

% Daily Values*

Total Fat	14g	21%
Saturated Fat	8g	38%
Cholesterol	31mg	10%
Sodium	377mg	16%
Total Carbohydrates	9g	3%
Dietary Fiber	2g	7%
Protein	2g	

Vitamin A	146%
Vitamin C	6%
Calcium	3%
Iron	3%

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