

Greek Style Stuffing

Test Kitchen Staff

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Servings: 12

1 1/2 cups unsalted chicken stock

2 eggs

12 ounces toasted sourdough bread cubes

2 ounces kalamata olives, coarsely chopped

2 ounces sun-dried tomatoes, drained and chopped

3 tablespoons fresh oregano, chopped

1/2 teaspoon crushed red pepper

2 ounces crumbled goat cheese

Bake: 45 minutes

Preheat the oven to 350 degrees.

Coat an 11x7-inch baking dish with cooking spray.

In a bowl, combine the chicken stock and eggs.

Add the sourdough bread cubes.

Add the olives, sun-dried tomatoes, oregano and crushed red pepper to the bread mixture. Toss well.

Place the stuffing into the baking dish. Sprinkle with the goat cheese.

Bake the stuffing for 45 minutes.

Per Serving (excluding unknown items): 59 Calories; 4g Fat (58.1% calories from fat); 3g Protein; 3g Carbohydrate; 1g Dietary Fiber; 40mg Cholesterol; 202mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	59	Vitamin B6 (mg):	trace
% Calories from Fat:	58.1%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	21.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	21.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	4g	Folacin (mcg):	7mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg

Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 40mg
Carbohydrate (g): 3g
Dietary Fiber (g): 1g
Protein (g): 3g
Sodium (mg): 202mg
Potassium (mg): 178mg
Calcium (mg): 54mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 121IU
Vitamin A (r.e.): 25RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 59 **Calories from Fat:** 34

% Daily Values*

Total Fat	4g	6%
Saturated Fat	1g	7%
Cholesterol	40mg	13%
Sodium	202mg	8%
Total Carbohydrates	3g	1%
Dietary Fiber	1g	3%
Protein	3g	
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Vitamin A		2%
Vitamin C		4%
Calcium		5%
Iron		4%

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