

Ham, Gruyere & Onion 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
1 tablespoon olive oil
2 cups onion, finely chopped
2 ounces (about 2/3 cup) lower-sodium ham, finely chopped
2 ounces Gruyere cheese, diced
1/4 cup fresh flat-leaf parsley, chopped

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.

Heat a nonstick skillet over medium-high heat. Add the olive oil and swirl to coat the skillet. Saute' the onion for 2 minutes. Reduce the heat to low and cook 30 minutes more. Cool slightly. Add the onion, ham, Gruyere cheese and parsley to the bread mixture.

Place the stuffing into the baking dish.

Bake the stuffing for 45 minutes.

Per Serving (excluding unknown items): 52 Calories; 4g Fat (60.2% calories from fat); 3g Protein; 2g Carbohydrate; 1g Dietary Fiber; 41mg Cholesterol; 29mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|-------|
| Calories (kcal): | 52 | Vitamin B6 (mg): | trace |
| % Calories from Fat: | 60.2% | Vitamin B12 (mcg): | .2mcg |
| % Calories from Carbohydrates: | 18.6% | Thiamin B1 (mg): | trace |
| % Calories from Protein: | 21.2% | Riboflavin B2 (mg): | .1mg |

Total Fat (g): 4g
Saturated Fat (g): 1g
Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 41mg
Carbohydrate (g): 2g
Dietary Fiber (g): 1g
Protein (g): 3g
Sodium (mg): 29mg
Potassium (mg): 64mg
Calcium (mg): 59mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 3mg
Vitamin A (i.u.): 163IU
Vitamin A (r.e.): 35 1/2RE

Folacin (mcg): 11mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 52 Calories from Fat: 32

% Daily Values*

| | | |
|----------------------------|------------------|-----|
| Total Fat | 4g | 5% |
| | Saturated Fat 1g | 7% |
| Cholesterol | 41mg | 14% |
| Sodium | 29mg | 1% |
| Total Carbohydrates | 2g | 1% |
| | Dietary Fiber 1g | 2% |
| Protein | 3g | |
| <hr/> | | |
| Vitamin A | | 3% |
| Vitamin C | | 6% |
| Calcium | | 6% |
| Iron | | 2% |

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