

Peanut Stuffing

Wayside Inn - Middletown, VA

The Great Country Inns of America Cookbook (2nd ed) (1992)

Yield: 9 cups

- 3/4 cup onion, minced*
- 1 1/2 cups celery stalks and leaves, chopped*
- 3/4 cup butter or margarine*
- 8 cups soft bread cubes*
- 2 teaspoons salt*
- 1 1/2 teaspoons crushed sage leaves*
- 1 teaspoon thyme leaves*
- 1/2 teaspoon pepper*
- 2 cups peanuts, coarsely chopped*

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Preheat the oven to 350 degrees.

In a large skillet, cook and stir the onion and celery in the butter until tender. Stir in about one-third of the bread cubes. Place in a deep bowl.

Add the salt, sage leaves, thyme leaves, pepper and peanuts. Toss.

Place the mixture in a greased nine-inch baking dish.

Bake for 30 minutes.

Per Serving (excluding unknown items): 2923 Calories; 282g Fat (82.3% calories from fat); 78g Protein; 58g Carbohydrate; 27g Dietary Fiber; 373mg Cholesterol; 5725mg Sodium. Exchanges: 3 Grain(Starch); 9 1/2 Lean Meat; 2 Vegetable; 50 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	2923
% Calories from Fat:	82.3%
% Calories from Carbohydrates:	7.6%
% Calories from Protein:	10.2%
Total Fat (g):	282g
Saturated Fat (g):	106g
Monounsaturated Fat (g):	111g
Polyunsaturated Fat (g):	51g
Cholesterol (mg):	373mg
Carbohydrate (g):	58g
	27g

Vitamin B6 (mg):	1.1mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	1.9mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	728mcg
Niacin (mg):	35mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Dietary Fiber (g):
Protein (g): 78g
Sodium (mg): 5725mg
Potassium (mg): 2304mg
Calcium (mg): 366mg
Iron (mg): 14mg
Zinc (mg): 10mg
Vitamin C (mg): 8mg
Vitamin A (i.u.): 5204IU
Vitamin A (r.e.): 1288RE

Grain (Starch):
Lean Meat: 9 1/2
Vegetable: 2
Fruit: 0
Non-Fat Milk: 0
Fat: 50 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2923 **Calories from Fat:** 2406

% Daily Values*

Total Fat 282g	434%
Saturated Fat 106g	529%
Cholesterol 373mg	124%
Sodium 5725mg	239%
Total Carbohydrates 58g	19%
Dietary Fiber 27g	109%
Protein 78g	
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Vitamin A	104%
Vitamin C	13%
Calcium	37%
Iron	79%

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