

# Simply Herbs 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  
5 cloves garlic, minced  
2 tablespoons olive oil  
1/2 cup fresh parsley, chopped  
2 tablespoons fresh thyme  
1 tablespoon sage, chopped  
1/2 teaspoon salt  
1/2 teaspoon pepper

## 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.

In a skillet, saute' the garlic in the olive oil. Stir the garlic mixture, parsley, thyme, sage, salt and pepper into the bread mixture. Let stand for 5 minutes.

Place the stuffing mixture into the baking dish.

Bake the stuffing for 45 minutes.

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Per Serving (excluding unknown items): 36 Calories; 3g Fat (76.7% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 35mg Cholesterol; 102mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat.

## Side Dishes

## Per Serving Nutritional Analysis

Calories (kcal):	36	Vitamin B6 (mg):	trace
% Calories from Fat:	76.7%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	9.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	13.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	3g	Folacin (mcg):	8mcg
Saturated Fat (g):	1g	Niacin (mg):	trace

**Monounsaturated Fat (g):** 2g  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 35mg  
**Carbohydrate (g):** 1g  
**Dietary Fiber (g):** trace  
**Protein (g):** 1g  
**Sodium (mg):** 102mg  
**Potassium (mg):** 35mg  
**Calcium (mg):** 15mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 4mg  
**Vitamin A (i.u.):** 200IU  
**Vitamin A (r.e.):** 27 1/2RE

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

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### Food Exchanges

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

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## Nutrition Facts

Servings per Recipe: 12

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### Amount Per Serving

**Calories** 36 Calories from Fat: 28

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#### % Daily Values\*

<b>Total Fat</b>	3g		5%
	Saturated Fat	1g	3%
<b>Cholesterol</b>	35mg		12%
<b>Sodium</b>	102mg		4%
<b>Total Carbohydrates</b>	1g		0%
	Dietary Fiber	trace	1%
<b>Protein</b>	1g		

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<b>Vitamin A</b>			4%
<b>Vitamin C</b>			7%
<b>Calcium</b>			2%
<b>Iron</b>			3%

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