

Sweet Potato Stuffing II

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Servings: 10

1/4 cup butter, cubed
1/2 cup celery, chopped
1/2 cup onion, chopped
1/2 cup chicken broth
1/2 teaspoon salt (optional)
1/2 teaspoon rubbed sage
1/2 teaspoon poultry seasoning
1/2 teaspoon pepper
6 cups dry bread cubes
1 large sweet potato, cooked, peeled and finely chopped
1/4 cup chopped pecans

Preparation Time: 15 minutes

Cook Time: 4 hours

In a Dutch oven, heat the butter over medium-high heat. Add the celery and onion. Cook and stir until tender. Stir in the chicken broth and seasonings. Add the remaining ingredients. Toss to combine.

Transfer to a greased three-quart slow cooker.

Cook, covered, on LOW for four hours or until heated through.

Per Serving (excluding unknown items): 81 Calories; 7g Fat (72.9% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 12mg Cholesterol; 92mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fat.

Side Dishes, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	81	Vitamin B6 (mg):	.1mg
% Calories from Fat:	72.9%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	22.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	4.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	7g	Folacin (mcg):	7mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	12mg	% Refuse:	0.0%
Carbohydrate (g):	5g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1/2

Protein (g): 1g
Sodium (mg): 92mg
Potassium (mg): 81mg
Calcium (mg): 11mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 4mg
Vitamin A (i.u.): 2795IU
Vitamin A (r.e.): 305RE

Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 81 **Calories from Fat:** 59

% Daily Values*

Total Fat 7g	10%
Saturated Fat 3g	15%
Cholesterol 12mg	4%
Sodium 92mg	4%
Total Carbohydrates 5g	2%
Dietary Fiber 1g	4%
Protein 1g	
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Vitamin A	56%
Vitamin C	7%
Calcium	1%
Iron	1%

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