

Aloo Gobhi Stuffing

 Vegetarian

READY IN



300 min.

SERVINGS



8

CALORIES



396 kcal

SIDE DISH

Ingredients

- ☐ 24 inch crusty baguette cut into 3/4-inch cubes (8 cups)
- ☐ 1 teaspoon pepper black
- ☐ 0.5 cup butter unsalted for buttering pan
- ☐ 3 medium carrots cut into 1/4-inch dice
- ☐ 2 lb cauliflower trimmed cut into 1/2-inch-wide florets and stem pieces
- ☐ 0.3 teaspoon ground pepper
- ☐ 3 rib celery stalks cut into 1/4-inch dice
- ☐ 1 teaspoon cumin seeds

- ☐ 2.5 teaspoons curry powder (preferably Madras)
- ☐ 12 fl. oz. chicken broth reduced-sodium
- ☐ 3 medium onion coarsely chopped
- ☐ 7 oz roasted cashews unsalted
- ☐ 1.5 lb baking potatoes peeled cut into 1/2-inch dice (baking)
- ☐ 1.5 teaspoons sea salt

Equipment

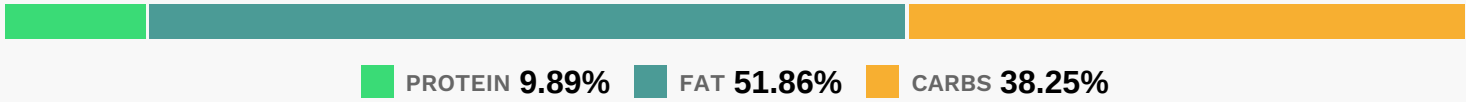
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Put oven racks in upper and lower thirds of oven and preheat oven to 350°F. Butter a shallow 3-quart baking dish (13 by 9 inches).
- ☐ Spread bread cubes in 1 layer in 2 large shallow baking pans and bake, switching position of pans halfway through baking, until dry, 20 to 25 minutes.
- ☐ Remove from oven.
- ☐ Increase oven temperature to 450°F.
- ☐ Cut 1 stick butter into pieces, then heat in a deep 12-inch nonstick skillet over moderate heat until foam subsides.
- ☐ Add onions, carrots, celery, and potatoes and cook, stirring occasionally, until vegetables are softened, about 8 minutes.
- ☐ Add cauliflower and cook, stirring, until cauliflower is crisp-tender, about 8 minutes. Stir in curry powder, salt, pepper, cumin, and cayenne and cook, stirring, 2 minutes.
- ☐ Transfer to a large bowl and toss with bread cubes.
- ☐ Add broth and 1 cup cashews, then toss to coat.
- ☐ Spread stuffing in baking dish and cover tightly with buttered foil (buttered side down).

- ☐
- Bake in upper third of oven until heated through, about 20 minutes.
- ☐
- Remove foil and sprinkle remaining 1/2 cup cashews over top, then bake until top is browned, about 10 minutes more.
- ☐
- Stuffing can be assembled, but not baked, 1 day ahead and chilled, covered. Bring to room temperature before baking.

Nutrition Facts



Properties

Glycemic Index:52.29, Glycemic Load:17.31, Inflammation Score:-10, Nutrition Score:24.213912948318%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg, Quercetin: 9.04mg

Nutrients (% of daily need)

Calories: 396.21kcal (19.81%), Fat: 24.13g (37.13%), Saturated Fat: 9.9g (61.89%), Carbohydrates: 40.05g (13.35%), Net Carbohydrates: 34.11g (12.4%), Sugar: 7.23g (8.03%), Cholesterol: 30.5mg (10.17%), Sodium: 648.44mg (28.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.35g (20.7%), Vitamin A: 4216.11IU (84.32%), Vitamin C: 64.06mg (77.65%), Copper: 0.75mg (37.6%), Manganese: 0.71mg (35.26%), Vitamin B6: 0.67mg (33.51%), Vitamin K: 33.33µg (31.74%), Potassium: 1038.05mg (29.66%), Folate: 115.65µg (28.91%), Magnesium: 113.72mg (28.43%), Phosphorus: 266.24mg (26.62%), Fiber: 5.94g (23.76%), Iron: 3.59mg (19.97%), Vitamin B1: 0.26mg (17.26%), Vitamin B3: 3.08mg (15.39%), Zinc: 2.23mg (14.85%), Vitamin B5: 1.48mg (14.76%), Vitamin B2: 0.22mg (12.74%), Calcium: 84.32mg (8.43%), Selenium: 5.74µg (8.21%), Vitamin E: 1.01mg (6.71%), Vitamin B12: 0.07µg (1.14%)