



## Celery Root and Mushroom Stuffing

 Vegetarian  Gluten Free

READY IN



120 min.

SERVINGS



8

CALORIES



139 kcal

SIDE DISH

### Ingredients

- 2 cups veggie broth
- 1 pound celery root
- 8 ounces crimini mushrooms trimmed cut into quarters
- 0.3 cup wine dry white
- 1 large eggs lightly beaten
- 1 tablespoon sage fresh finely chopped
- 2 teaspoons thyme sprigs fresh finely chopped
- 3 tablespoons olive oil

- 3 tablespoons butter unsalted plus more for coating the dish
- 1 medium onion yellow cut into 1/2-inch cubes
- 1 pound frangelico sweet cut into 1-inch cubes
- 1 pound frangelico sweet cut into 1-inch cubes

## Equipment

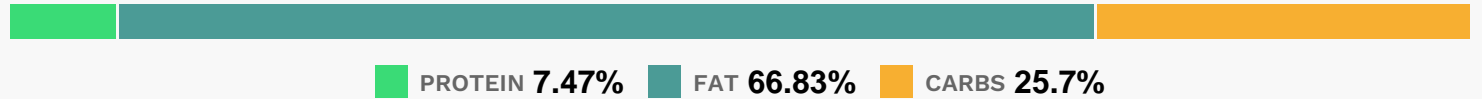
- bowl
- frying pan
- baking sheet
- oven
- baking pan
- aluminum foil
- peeler

## Directions

- Heat the oven to 350°F and arrange a rack in the middle. Coat a 9-by-13-inch baking dish with butter; set aside.
- Spread bread cubes in a single layer on a baking sheet and toast until dry and lightly browned, about 15 minutes.
- Remove from the oven, let cool slightly, and transfer to a large bowl; set aside. Meanwhile, heat 1 tablespoon of the oil in a large frying pan over medium-high heat until shimmering.
- Add mushrooms and cook, stirring rarely, until browned, about 6 minutes.
- Remove from heat and transfer to the bowl with the bread cubes; set aside. Using a vegetable peeler, peel celery root and cut into 1/2-inch cubes. (Peel and cut the celery root at the last minute, because it will oxidize when exposed to air.) Return the frying pan to medium heat and add butter and remaining 2 tablespoons oil. When butter has melted, add celery root, onion, sage, and thyme and season generously with salt and pepper. Cook, stirring occasionally, until onion just begins to soften, about 6 to 8 minutes.
- Transfer vegetables to the bowl of bread cubes and mushrooms. Evenly drizzle wine around the bowl, add egg, and stir to evenly coat bread cubes and vegetables.
- Drizzle half of the mushroom broth over the mixture and stir to evenly combine.

- Drizzle in the remaining broth and stir until all bread cubes are evenly moistened. Season with additional salt and pepper as needed.
- Transfer stuffing to the prepared baking dish, slightly compacting it. Cover with foil and bake for 30 minutes.
- Remove foil and continue to bake until bread cubes on top are crispy and browned, about 30 minutes more.

## Nutrition Facts



### Properties

Glycemic Index:20.88, Glycemic Load:2.14, Inflammation Score:-6, Nutrition Score:11.603043494017%

### Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.38mg, Apigenin: 1.38mg, Apigenin: 1.38mg, Apigenin: 1.38mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

### Nutrients (% of daily need)

Calories: 139.22kcal (6.96%), Fat: 10.36g (15.94%), Saturated Fat: 3.69g (23.09%), Carbohydrates: 8.96g (2.99%), Net Carbohydrates: 7.42g (2.7%), Sugar: 2.58g (2.86%), Cholesterol: 34.54mg (11.51%), Sodium: 303.96mg (13.22%), Alcohol: 0.77g (100%), Alcohol %: 0.53% (100%), Protein: 2.61g (5.21%), Copper: 2.47mg (123.43%), Vitamin K: 26.88µg (25.6%), Selenium: 9.82µg (14.02%), Vitamin B2: 0.21mg (12.44%), Manganese: 0.24mg (12.08%), Phosphorus: 119mg (11.9%), Potassium: 338.68mg (9.68%), Vitamin B6: 0.16mg (7.88%), Vitamin C: 6.35mg (7.7%), Vitamin E: 1.15mg (7.69%), Vitamin B3: 1.51mg (7.57%), Vitamin B5: 0.75mg (7.49%), Vitamin A: 314.11IU (6.28%), Fiber: 1.55g (6.19%), Iron: 0.87mg (4.84%), Magnesium: 18.95mg (4.74%), Calcium: 45.08mg (4.51%), Vitamin B1: 0.07mg (4.48%), Folate: 17.63µg (4.41%), Zinc: 0.64mg (4.27%), Vitamin B12: 0.09µg (1.55%), Vitamin D: 0.23µg (1.55%)