



Challah Chestnut Stuffing

 Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



209 kcal

SIDE DISH

Ingredients

- ☐ 1 cup carrots diced
- ☐ 2 cups celery diced
- ☐ 1 medium loaf egg bread loaf – crusts cubed (10 cups of cubes)
- ☐ 1 cup honey
- ☐ 0.5 cup curly-leaf parsley minced
- ☐ 4 eggs beaten
- ☐ 1 tsp marjoram fresh minced
- ☐ 2 tbsp sage fresh minced

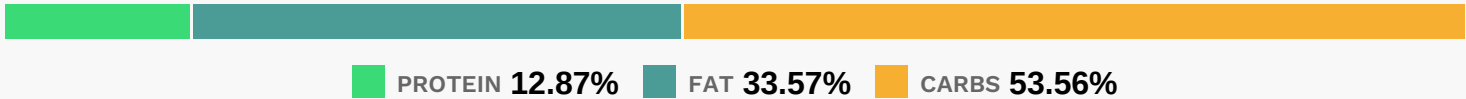
- ☐ 1 tbsp thyme sprigs fresh minced
- ☐ 2 cloves garlic minced
- ☐ 1 onion minced
- ☐ 0.3 cup butter divided (if you're not keeping kosher, feel free to use butter)
- ☐ 4 cups vegetable stock
- ☐ 8 oz mushrooms white sliced

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Challah Chestnut Stuffing
- ☐ Ingredients1 cup pre-shelled roasted chestnuts or 3/4 lb. chestnuts in shell1/4 cup schmaltz or margarine, divided (if you're not keeping kosher, feel free to use butter)1/2 lb. (8 oz.) sliced white mushrooms1 onion, minced2 cups celery, diced including leaves1 cup carrots, diced small1/2 cup curly leaf parsley, minced2 tbsp fresh sage, minced1 tbsp fresh thyme leaves, minced1 tsp fresh marjoram, minced2 cloves garlic, minced1 qt. (4 cups) chicken or vegetable broth1 medium loaf of dairy-free challah bread, cubed (about 10 cups of cubes)4 eggs, beaten
- ☐ Total Time: 1 Hour 30 Minutes
- ☐ Servings: 10-12 servings
- ☐ Kosher Key: Meat or Pareve depending on oil/broth used

Nutrition Facts



Properties

Glycemic Index:31.32, Glycemic Load:4.13, Inflammation Score:-9, Nutrition Score:17.663913032283%

Flavonoids

Apigenin: 5.9mg, Apigenin: 5.9mg, Apigenin: 5.9mg, Apigenin: 5.9mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 208.84kcal (10.44%), Fat: 7.83g (12.04%), Saturated Fat: 1.94g (12.1%), Carbohydrates: 28.09g (9.36%), Net Carbohydrates: 26.06g (9.48%), Sugar: 2.91g (3.24%), Cholesterol: 73.81mg (24.6%), Sodium: 546.17mg (23.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.75g (13.5%), Copper: 3.23mg (161.71%), Vitamin A: 2594.76IU (51.9%), Vitamin K: 47.91µg (45.62%), Selenium: 17.82µg (25.46%), Manganese: 0.41mg (20.4%), Vitamin B2: 0.34mg (19.79%), Folate: 70.62µg (17.66%), Vitamin B1: 0.23mg (15.02%), Vitamin B3: 2.87mg (14.36%), Vitamin C: 11.45mg (13.88%), Iron: 2.07mg (11.52%), Phosphorus: 104.56mg (10.46%), Potassium: 298.42mg (8.53%), Fiber: 2.03g (8.11%), Vitamin B6: 0.16mg (7.99%), Vitamin B5: 0.77mg (7.72%), Calcium: 73.21mg (7.32%), Magnesium: 22.41mg (5.6%), Zinc: 0.77mg (5.13%), Vitamin E: 0.54mg (3.58%), Vitamin D: 0.48µg (3.21%), Vitamin B12: 0.18µg (3.01%)