



Chestnut and Wild Mushroom Stuffing

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



294 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons pepper black freshly ground
- ☐ 4 stalks celery diced
- ☐ 0.3 pound honey fresh
- ☐ 2 large eggs lightly beaten
- ☐ 0.7 cup parsley fresh coarsely chopped
- ☐ 3 tablespoons thyme sprigs fresh
- ☐ 1.5 cups chicken broth low-sodium
- ☐ 2.5 cups mushrooms wild

- ☐ 1 medium onion diced
- ☐ 1 tablespoon sea salt fine
- ☐ 8 tablespoons butter unsalted (1 stick)
- ☐ 2.5 cups pumpernickel bread such as rye, sourdough, or pumpernickel, crust removed and cut into 1-inch cubes

Equipment

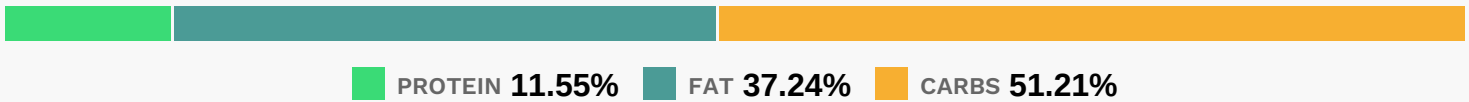
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ pot
- ☐ baking pan
- ☐ casserole dish
- ☐ aluminum foil
- ☐ kitchen towels

Directions

- ☐ Preheat oven to 350°F.
- ☐ Using chestnut knife or sharp paring knife, make large X on flat side of each chestnut through shell but not meat. Soak chestnuts in bowl of warm water to cover by 2 inches for 15 minutes, then drain well. Arrange chestnuts in 1 layer in shallow baking pan, then roast in middle of oven until shells curl away at X mark, about 15 minutes. Wearing protective gloves, peel away shells from chestnuts while still hot. In large pot boiling water, blanch chestnuts 2 minutes, then drain. Using kitchen towel, rub chestnuts to remove skins. Coarsely chop and reserve. Leave oven on.
- ☐ Butter 9- by 13-inch casserole dish with 1 tablespoon butter.
- ☐ On foil-lined baking sheet, toast bread in 350°F oven, tossing occasionally, until lightly browned, about 15 minutes.

- ☐ Place in large mixing bowl and set aside. Leave oven on.
- ☐ In heavy, large skillet over moderately high heat, melt 4 tablespoons butter.
- ☐ Add mushrooms and sauté, stirring, until golden brown, 7 to 8 minutes.
- ☐ Add another 2 tablespoons butter and heat until melted.
- ☐ Add onion and celery, and sauté until translucent, 6 to 7 minutes.
- ☐ Add mushroom mixture plus parsley and thyme to bread and gently stir to combine.
- ☐ In heavy, small pot over moderate heat bring chicken stock to gentle boil.
- ☐ Pour into bread mixture and gently toss to combine. Stir in egg, salt, and pepper.
- ☐ Transfer to casserole dish. The stuffing can be prepared up to this point and kept, covered and refrigerated, up to four hours.
- ☐ Bake until golden brown and heated through, about 30 minutes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:17.84, Inflammation Score:-10, Nutrition Score:17.575217381768%

Flavonoids

Apigenin: 9.13mg, Apigenin: 9.13mg, Apigenin: 9.13mg, Apigenin: 9.13mg Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 294.26kcal (14.71%), Fat: 12.47g (19.18%), Saturated Fat: 6.47g (40.42%), Carbohydrates: 38.58g (12.86%), Net Carbohydrates: 33.53g (12.19%), Sugar: 1.6g (1.77%), Cholesterol: 61.28mg (20.43%), Sodium: 1093.46mg (47.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.71g (17.41%), Vitamin K: 72.27µg (68.83%), Manganese: 0.96mg (48.16%), Selenium: 20.05µg (28.64%), Folate: 87.84µg (21.96%), Vitamin B2: 0.37mg (21.53%), Fiber: 5.05g (20.22%), Vitamin C: 16.57mg (20.09%), Copper: 0.37mg (18.48%), Phosphorus: 176.98mg (17.7%), Vitamin B3: 3.52mg (17.59%), Vitamin A: 848.8IU (16.98%), Vitamin B1: 0.25mg (16.83%), Iron: 2.93mg (16.25%), Magnesium: 49.34mg (12.33%), Potassium: 417.53mg (11.93%), Vitamin B6: 0.21mg (10.53%), Vitamin B5: 0.92mg

(9.19%), Zinc: 1.38mg (9.17%), Calcium: 78.68mg (7.87%), Vitamin E: 0.7mg (4.63%), Vitamin D: 0.42µg (2.77%),
Vitamin B12: 0.15µg (2.55%)