



Country Bread Stuffing

 Vegetarian

READY IN



555 min.

SERVINGS



8

CALORIES



318 kcal

SIDE DISH

Ingredients

- 8 ounce water chestnuts drained and rinsed sliced canned
- 2 stalks celery chopped
- 2 large eggs
- 8 ounce mushrooms fresh sliced
- 1 tablespoon parsley fresh chopped
- 1 juice of lemon juiced
- 1 juice of lime juiced
- 1 juice of orange juiced

- 8 servings kosher salt and pepper black freshly ground
- 1 cup chicken broth low-sodium
- 1 medium onion chopped
- 1 tablespoon soya sauce
- 3 tablespoons butter unsalted
- 1 loaf country wheat bread

Equipment

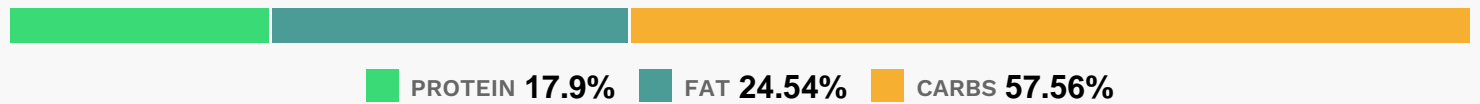
- bowl
- frying pan
- baking sheet
- oven
- whisk
- baking pan
- aluminum foil

Directions

- Watch how to make this recipe.
- Cut the bread into large cubes and spread them onto a baking sheet. Leave them uncovered overnight to get stale.
- Preheat the oven to 350 degrees F. Grease a 9-by-13-inch baking dish with 1 tablespoon of the butter.
- Put a large skillet over medium heat and add the remaining 2 tablespoons butter. When it is melted, add the mushrooms, celery and onions and season with salt and pepper. Cook until all the vegetables have softened, 6 to 8 minutes.
- Let cool for a few minutes.
- In a large bowl, combine the bread, cooked vegetables and water chestnuts. Toss to combine. In a separate bowl, whisk the eggs with the broth, parsley, soy sauce and citrus juices. Fold into the bread mixture.
- Sprinkle with salt and pepper. If the mixture seems too dry, add more broth or a little water.

- Spread the mixture into the prepared baking dish. Can be covered and refrigerated overnight until you are ready to bake.
- Let it come to room temperature first.
- Cover the pan with foil and put it into the oven for 20 to 25 minutes. Uncover and cook until the top is browned, about another 20 minutes.
- Let rest for 5 minutes before serving. Reserve 1 cup for another use if desired, such as the Round 2 Recipe Thanksgiving Pie.

Nutrition Facts



Properties

Glycemic Index:36.46, Glycemic Load:22.94, Inflammation Score:-6, Nutrition Score:19.88260895273%

Flavonoids

Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 1.36mg, Apigenin: 1.36mg, Apigenin: 1.36mg, Apigenin: 1.36mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 318.31kcal (15.92%), Fat: 8.83g (13.59%), Saturated Fat: 3.8g (23.75%), Carbohydrates: 46.61g (15.54%), Net Carbohydrates: 39.62g (14.41%), Sugar: 7.03g (7.82%), Cholesterol: 57.79mg (19.26%), Sodium: 549.22mg (23.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.5g (28.99%), Manganese: 1.93mg (96.62%), Selenium: 28.92µg (41.31%), Fiber: 6.98g (27.94%), Vitamin B3: 5.55mg (27.74%), Phosphorus: 259.81mg (25.98%), Vitamin B1: 0.38mg (25.62%), Vitamin B2: 0.35mg (20.62%), Magnesium: 77.32mg (19.33%), Copper: 0.37mg (18.51%), Vitamin K: 18.5µg (17.62%), Iron: 3.15mg (17.5%), Vitamin B6: 0.34mg (17.15%), Calcium: 160.86mg (16.09%), Folate: 59.87µg (14.97%), Zinc: 2.07mg (13.78%), Potassium: 476.89mg (13.63%), Vitamin B5: 1.34mg (13.45%), Vitamin C: 9.48mg (11.49%), Vitamin E: 0.99mg (6.58%), Vitamin A: 306.19IU (6.12%), Vitamin B12: 0.16µg (2.68%), Vitamin D: 0.39µg (2.57%)