



WHATSheATE



HEALTH SCORE

76%

Farro, Caramelized Onion, and Wild Mushroom Stuffing



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



90 min.

SERVINGS



8

CALORIES



263 kcal

SIDE DISH

Ingredients



0.5 teaspoon pepper black freshly ground



1 cup celery finely chopped



0.3 cup celery leaves



0.5 ounce the following: parmesan rind) dried



0.5 cup wine dry white



1.5 cups farro uncooked



1 tablespoon sage fresh chopped

- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 1 teaspoon kosher salt divided
- ☐ 2 tablespoons olive oil divided
- ☐ 2.5 cups onion finely chopped
- ☐ 6 cups mushroom caps sliced (12 ounces mushrooms)
- ☐ 3 cups water boiling

Equipment

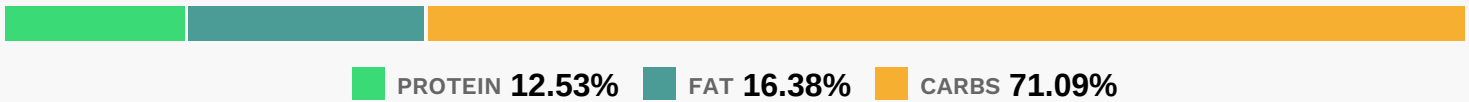
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Combine 3 cups boiling water and dried porcini mushrooms in a bowl; cover and let stand 30 minutes.
- ☐ Drain through a sieve over a bowl, reserving the soaking liquid. Finely chop the mushrooms.
- ☐ Preheat oven to 35
- ☐ Heat 1 tablespoon oil in a large saucepan over medium-high heat; swirl to coat.
- ☐ Add onion; saut 2 minutes, stirring frequently. Reduce heat to low; cook 30 minutes or until onion is tender and lightly browned, stirring occasionally.
- ☐ Add reserved porcini liquid, chopped porcini, farro, and 1/2 teaspoon salt; cover. Bring to a boil; reduce heat, and simmer 30 minutes or until farro is al dente and liquid is reduced to about 1/3 cup.
- ☐ Remove from heat.
- ☐ Heat remaining 1 tablespoon oil in a large skillet over medium-high heat; swirl to coat.

- ☐
- Add shiitake mushrooms, celery, thyme, and sage; sprinkle with remaining 1/2 teaspoon salt and pepper. Saut 6 minutes or until mushrooms are lightly browned, stirring occasionally.
- ☐
- Add wine to skillet; cook 3 minutes or until liquid evaporates.
- ☐
- Add shiitake mixture to farro mixture; stir to combine. Spoon stuffing into an 11 x 7-inch glass or ceramic baking dish coated with cooking spray; cover dish with foil.
- ☐
- Bake at 350 for 30 minutes.
- ☐
- Let stand for 5 minutes, and top with celery leaves.

Nutrition Facts



Properties

Glycemic Index:26.88, Glycemic Load:3.56, Inflammation Score:-8, Nutrition Score:23.147825925247%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.6mg, Apigenin: 0.6mg, Apigenin: 0.6mg, Apigenin: 0.6mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.23mg, Quercetin: 10.23mg, Quercetin: 10.23mg, Quercetin: 10.23mg

Nutrients (% of daily need)

Calories: 263.21kcal (13.16%), Fat: 4.92g (7.58%), Saturated Fat: 0.63g (3.97%), Carbohydrates: 48.07g (16.02%), Net Carbohydrates: 36.4g (13.23%), Sugar: 6.91g (7.67%), Cholesterol: 0mg (0%), Sodium: 332.96mg (14.48%), Alcohol: 1.54g (100%), Alcohol %: 0.5% (100%), Protein: 8.47g (16.95%), Copper: 2.81mg (140.56%), Manganese: 1.12mg (55.77%), Fiber: 11.67g (46.68%), Vitamin B3: 8.7mg (43.52%), Selenium: 24.97µg (35.67%), Vitamin B6: 0.7mg (34.85%), Vitamin B5: 3.16mg (31.59%), Phosphorus: 301.33mg (30.13%), Vitamin B2: 0.47mg (27.38%), Potassium: 793.44mg (22.67%), Magnesium: 78.35mg (19.59%), Zinc: 2.85mg (19%), Folate: 50.82µg (12.7%), Iron: 2.12mg (11.77%), Vitamin B1: 0.13mg (8.87%), Vitamin K: 9.26µg (8.82%), Vitamin C: 5.78mg (7.01%), Vitamin D: 0.75µg (4.98%), Calcium: 47.21mg (4.72%), Vitamin E: 0.58mg (3.85%), Vitamin A: 141.39IU (2.83%)