



Ibby's Pumpkin Mushroom Stuffing

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



575 kcal

SIDE DISH

Ingredients

- 6 cups pumpkin bread cubed
- 1 cup butter
- 1 cup celery chopped
- 3 tablespoons chicken broth
- 2 cups crimini mushrooms sliced
- 2 tablespoons chives fresh chopped
- 2 tablespoons parsley fresh chopped
- 2 tablespoons rosemary fresh chopped

- 2 tablespoons tarragon fresh minced
- 1 teaspoon ground pepper black
- 2 cups onion red chopped
- 1.5 teaspoons salt

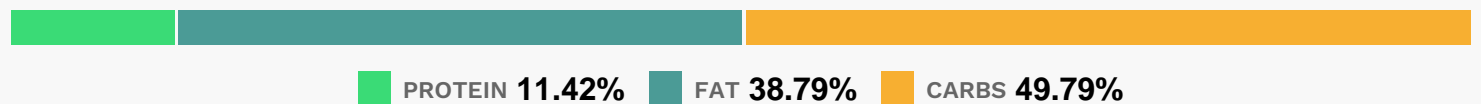
Equipment

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

Directions

- Spread bread cubes on a baking sheet, and let dry overnight. Alternatively, heat in oven until dry at 250 degrees F (120 degrees C).
- Preheat oven to 375 degrees F (190 degrees C). Butter a 2 quart baking dish.
- Melt butter or margarine in a large pan over medium heat.
- Add celery and onions; cook for about 10 minutes.
- Add mushrooms; cook, stirring, for about 8 minutes.
- Mix in herbs, salt, and pepper. Fold in bread cubes.
- Add enough broth to moisten.
- Transfer to prepared dish. Cover with foil, shiny side down.
- Bake for 40 minutes. Uncover, and bake for 10 minutes to crisp top.

Nutrition Facts



Properties

Glycemic Index:34.67, Glycemic Load:37.39, Inflammation Score:-8, Nutrition Score:23.889565383934%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.64mg, Isorhamnetin: 1.64mg, Isorhamnetin: 1.64mg, Isorhamnetin: 1.64mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg

Nutrients (% of daily need)

Calories: 574.99kcal (28.75%), Fat: 25.06g (38.55%), Saturated Fat: 12.72g (79.5%), Carbohydrates: 72.36g (24.12%), Net Carbohydrates: 65.64g (23.87%), Sugar: 9.93g (11.03%), Cholesterol: 48.9mg (16.3%), Sodium: 1194.62mg (51.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.59g (33.18%), Manganese: 1.91mg (95.58%), Selenium: 45.15µg (64.5%), Vitamin B3: 8.72mg (43.58%), Vitamin B1: 0.62mg (41.4%), Folate: 140.81µg (35.2%), Iron: 5.82mg (32.35%), Vitamin B2: 0.47mg (27.9%), Fiber: 6.72g (26.89%), Vitamin K: 26.36µg (25.1%), Phosphorus: 223.51mg (22.35%), Calcium: 217.03mg (21.7%), Magnesium: 70.53mg (17.63%), Copper: 0.31mg (15.73%), Vitamin A: 781.29IU (15.63%), Vitamin B5: 1.48mg (14.81%), Vitamin B6: 0.26mg (12.86%), Zinc: 1.8mg (12%), Potassium: 397.79mg (11.37%), Vitamin C: 5.16mg (6.26%), Vitamin E: 0.84mg (5.62%)