



Matzoh Vegetable Stuffing



Vegetarian



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



8

CALORIES



228 kcal

SIDE DISH

Ingredients

- ☐ 2 slices celery stalks
- ☐ 0.8 pound crimini mushrooms trimmed sliced for shitakes (removed)
- ☐ 8 eggs plain unsalted
- ☐ 4 large eggs lightly beaten
- ☐ 2 medium fennel bulb cored trimmed coarsely chopped ()
- ☐ 0.5 cup flat parsley finely chopped
- ☐ 5 tablespoons olive oil divided plus more for greasing dish
- ☐ 1 pound onion chopped (2 cups)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ colander

Directions

- ☐ Preheat oven to 400°F with rack in middle.
- ☐ Heat 3 tablespoons oil in a large heavy skillet over medium-high heat until oil shimmers. Sauté mushrooms with 1/2 teaspoon kosher salt and 1/4 teaspoon pepper until the liquid they give off has evaporated and mushrooms are browned, about 10 minutes.
- ☐ Transfer to a large bowl.
- ☐ Add remaining oil to skillet, reduce heat to medium, and cook onion, fennel, and celery with 1/2 teaspoon salt and 1/4 teaspoon pepper until softened and golden, about 15 minutes.
- ☐ Transfer to bowl with mushrooms.
- ☐ Grease baking dish with olive oil. Spoon mixture evenly into dish, cover with foil and bake until set, 25 to 30 minutes. For a top with some crisp and browned edges, uncover and continue to bake about 5 minutes more.
- ☐ Rinse Matzoh in a colander under hot running water until just softened, 15 to 30 seconds.
- ☐ Drain well.
- ☐ Add to vegetables with eggs, parsley, 3/4 teaspoon salt, 1/2 teaspoon pepper and stir gently until combined. •Grease baking dish with olive oil. Spoon mixture evenly into dish, cover with foil and bake until set, 25 to 30 minutes. For a top with some crisp and browned edges, uncover and continue to bake about 5 minutes more.
- ☐ Stuffing can be assembled (but not baked) one day ahead. Keep chilled, covered, then bring to room temperature 30 minutes before baking.

Nutrition Facts



 **PROTEIN 19.22%**  **FAT 59.98%**  **CARBS 20.8%**

Properties

Glycemic Index:17, Glycemic Load:2.31, Inflammation Score:-7, Nutrition Score:19.269564960314%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 11.66mg, Quercetin: 11.66mg, Quercetin: 11.66mg, Quercetin: 11.66mg

Nutrients (% of daily need)

Calories: 227.57kcal (11.38%), Fat: 15.56g (23.94%), Saturated Fat: 3.45g (21.59%), Carbohydrates: 12.14g (4.05%), Net Carbohydrates: 8.98g (3.26%), Sugar: 5.72g (6.36%), Cholesterol: 256.68mg (85.56%), Sodium: 135.69mg (5.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.22g (22.44%), Vitamin K: 104.01µg (99.06%), Selenium: 32.94µg (47.05%), Vitamin B2: 0.56mg (33.03%), Phosphorus: 235.58mg (23.56%), Vitamin C: 16.21mg (19.65%), Vitamin B5: 1.92mg (19.17%), Folate: 75.42µg (18.85%), Potassium: 632.21mg (18.06%), Copper: 0.33mg (16.43%), Vitamin E: 2.37mg (15.79%), Vitamin A: 769.15IU (15.38%), Manganese: 0.27mg (13.54%), Vitamin B6: 0.26mg (13.16%), Fiber: 3.16g (12.64%), Iron: 2.21mg (12.25%), Vitamin B12: 0.66µg (10.94%), Vitamin B3: 2.16mg (10.79%), Zinc: 1.61mg (10.74%), Vitamin D: 1.42µg (9.48%), Calcium: 93.36mg (9.34%), Magnesium: 29.62mg (7.41%), Vitamin B1: 0.1mg (6.88%)