



Mushroom and Leek Stuffing



Vegetarian



Dairy Free

READY IN



75 min.

SERVINGS



10

CALORIES



188 kcal

SIDE DISH

Ingredients

- ☐ 1 pound sourdough bread
- ☐ 1.5 cups veggie broth reduced-sodium
- ☐ 1 cup celery chopped
- ☐ 1 pound crimini mushrooms quartered
- ☐ 2 large eggs
- ☐ 0.3 cup flat parsley chopped
- ☐ 2 garlic clove minced
- ☐ 1 teaspoon kosher salt

- ☐ 2 leek light white green halved lengthwise sliced (and parts only)
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper

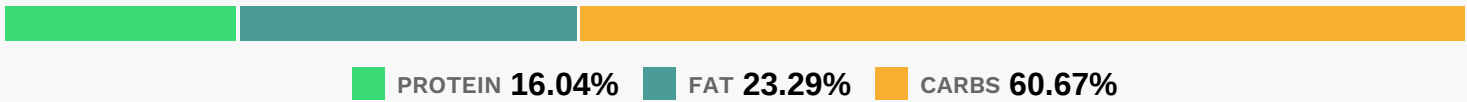
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Heat oil in a large frying pan over high heat. Cook mushrooms, leeks, garlic, and celery until softened and starting to brown, about 5 minutes. Put mixture into a large bowl; add bread.
- ☐ Mix broth, eggs, salt, pepper, and parsley in a small bowl and pour over bread. Toss until bread is soaked, then turn into a greased 9- by 13-in. baking dish.
- ☐ Bake stuffing until it feels firm to the touch and is starting to brown on top, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:28.35, Glycemic Load:19.18, Inflammation Score:-6, Nutrition Score:13.989130388135%

Flavonoids

Apigenin: 3.52mg, Apigenin: 3.52mg, Apigenin: 3.52mg, Apigenin: 3.52mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 188.13kcal (9.41%), Fat: 4.98g (7.67%), Saturated Fat: 0.96g (6.01%), Carbohydrates: 29.2g (9.73%), Net Carbohydrates: 27.36g (9.95%), Sugar: 4.06g (4.51%), Cholesterol: 37.2mg (12.4%), Sodium: 676.19mg (29.4%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.72g (15.45%), Selenium: 28.15µg (40.21%), Vitamin K: 38.13µg (36.32%), Vitamin B2: 0.48mg (27.94%), Vitamin B1: 0.38mg (25.64%), Folate: 89.17µg (22.29%), Manganese: 0.43mg (21.33%), Vitamin B3: 4.05mg (20.23%), Copper: 0.33mg (16.67%), Iron: 2.65mg (14.75%), Phosphorus: 132.46mg (13.25%), Vitamin A: 598.12IU (11.96%), Vitamin B5: 1.05mg (10.46%), Potassium: 340.5mg (9.73%), Vitamin B6: 0.17mg (8.67%), Zinc: 1.16mg (7.73%), Fiber: 1.84g (7.36%), Magnesium: 26.97mg (6.74%), Vitamin C: 4.63mg (5.61%), Calcium: 55.66mg (5.57%), Vitamin E: 0.81mg (5.41%), Vitamin B12: 0.13µg (2.24%), Vitamin D: 0.25µg (1.64%)