

Mushroom-Flavored forcemeat Stuffing

READY IN



30 min.

SERVINGS



8

CALORIES



400 kcal

SIDE DISH

Ingredients

- 3 tablespoons cognac
- 1 tablespoon the following: parmesan rind) dried
- 1 tablespoon thyme dried
- 2 large egg yolk
- 2 tablespoons parsley fresh finely minced
- 15 sage dried fresh finely minced (or 1 tablespoon sage)
- 4 ounces mushroom caps fresh cleaned trimmed sliced
- 1 teaspoon pepper fresh black to taste
- 1 lb ground veal

- 1.5 cups milk
- 1 pinch nutmeg freshly grated
- 1 large onion finely chopped
- 4 ounces oyster mushrooms fresh cleaned trimmed sliced
- 1 lb pork butt fresh
- 3 tablespoons port wine
- 1 tablespoon salt to taste
- 1 turkey liver dry rinsed trimmed of fat
- 4 tablespoons butter unsalted
- 0.5 cup water hot
- 10 slices sandwich bread white firm stale
- 6 ounces mushrooms fresh white cleaned trimmed sliced

Equipment

- frying pan
- mixing bowl

Directions

- Soak porcini mushrooms in the hot water for 20 minutes. Squeeze the mushrooms dry and finely chop. Strain the soaking liquid and reserve. Tear the bread into pieces and soak in the milk. Coarsely chop the liver and marinate in the Cognac and port. Melt the butter in a large skillet over medium heat.
- Add the onion and cook, stirring, for 3 minutes.
- Add all the mushrooms and cook, stirring occasionally, until the mushrooms are nicely browned and dry, about 10 minutes.
- Place the ground meats in a large mixing bowl. Squeeze the soaking bread by handfuls to eliminate as much of the liquid as possible, and add it to the ground meat.
- Add the turkey liver with the marinade.
- Add the mushroom mixture, the egg yolks, sage, parsley, thyme, salt, pepper, and nutmeg. Knead the mixture together with your hands until very well blended. Saut a small bit of

stuffing in a little butter; taste and adjust the seasoning.

Nutrition Facts

PROTEIN 32.61% **FAT 41.39%** **CARBS 26%**

Properties

Glycemic Index:44.1, Glycemic Load:12.57, Inflammation Score:-10, Nutrition Score:33.242173754651%

Flavonoids

Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 5.33mg, Malvidin: 5.33mg, Malvidin: 5.33mg, Malvidin: 5.33mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

Nutrients (% of daily need)

Calories: 400.46kcal (20.02%), Fat: 17.49g (26.91%), Saturated Fat: 8.12g (50.73%), Carbohydrates: 24.72g (8.24%), Net Carbohydrates: 22.26g (8.1%), Sugar: 6.14g (6.82%), Cholesterol: 198.83mg (66.28%), Sodium: 1149.13mg (49.96%), Alcohol: 2.74g (100%), Alcohol %: 1.1% (100%), Protein: 31.01g (62.01%), Vitamin A: 3785.18IU (75.7%), Vitamin B12: 4.09µg (68.21%), Selenium: 43.91µg (62.72%), Vitamin B3: 12.04mg (60.2%), Vitamin B2: 1.01mg (59.63%), Phosphorus: 429.33mg (42.93%), Vitamin B6: 0.85mg (42.69%), Vitamin B1: 0.64mg (42.42%), Vitamin B5: 4.04mg (40.4%), Folate: 153.54µg (38.39%), Copper: 0.74mg (37.2%), Zinc: 5.23mg (34.84%), Iron: 4.6mg (25.55%), Vitamin K: 26.28µg (25.03%), Manganese: 0.45mg (22.41%), Potassium: 754.19mg (21.55%), Calcium: 168.28mg (16.83%), Magnesium: 58.04mg (14.51%), Vitamin D: 1.61µg (10.74%), Fiber: 2.46g (9.82%), Vitamin C: 6.54mg (7.93%), Vitamin E: 0.73mg (4.87%)