



Mushroom-Quinoa Dressing



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



255 kcal

SIDE DISH

Ingredients

- ☐ 4 slices bread whole-wheat
- ☐ 1 cup celery finely chopped
- ☐ 2 tablespoons curly-leaf parsley italian chopped
- ☐ 0.5 cup porcini mushrooms dried
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 8 servings salt and fresh-ground pepper

- ☐ 1 pound common mushrooms
- ☐ 13 oz quinoa
- ☐ 1 cup shallots finely chopped
- ☐ 2.5 cups vegetable broth

Equipment

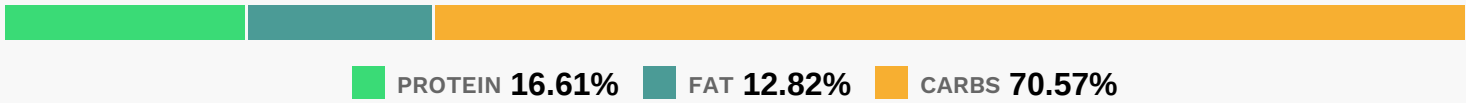
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve

Directions

- ☐ In a large bowl, combine porcini and 1 cup boiling water.
- ☐ Let stand until mushrooms are limp, about 20 minutes. Squeeze mushrooms gently to remove grit, then lift from water, squeeze dry, and finely chop.
- ☐ Without disturbing grit, pour most of soaking liquid into a glass measure; add water to make 2/3 cup. Discard gritty liquid. Rinse and dry bowl.
- ☐ Meanwhile, rinse quinoa in a fine strainer under cool running water.
- ☐ Put quinoa in a 4- to 5-quart pan.
- ☐ Add the 2/3 cup porcini soaking liquid and the broth. Bring to boiling over high heat, then reduce heat and simmer, covered, until quinoa is just tender to bite, 10 to 12 minutes.
- ☐ Drain and save liquid, adding enough water to make 1/2 cup. Put quinoa in the large bowl.
- ☐ As quinoa cooks, rinse common mushrooms, trim off and discard discolored stem ends, and finely chop.
- ☐ In a 10- to 12-inch nonstick frying pan over medium-high heat, stir shallots and garlic until shallots are limp and tinged brown, 3 to 4 minutes.
- ☐ Add porcini, common mushrooms, celery, and rosemary. Stir often over high heat until mushrooms are limp and juices cook away, about 5 minutes.
- ☐ Mix vegetables with quinoa, bread pieces, parsley, thyme, and salt and pepper to taste.

☐ Pour quinoa dressing into a shallow 2 1/2- to 3 1/2-quart casserole and add reserved cooking liquid. Cover and bake in a 400 oven until hot, about 25 minutes (30 minutes if chilled).

Nutrition Facts



Properties

Glycemic Index:38.08, Glycemic Load:5.79, Inflammation Score:-9, Nutrition Score:19.115217328072%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 2.54mg, Apigenin: 2.54mg, Apigenin: 2.54mg, Apigenin: 2.54mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 254.96kcal (12.75%), Fat: 3.73g (5.74%), Saturated Fat: 0.48g (2.99%), Carbohydrates: 46.24g (15.41%), Net Carbohydrates: 40.33g (14.66%), Sugar: 5.1g (5.67%), Cholesterol: 0mg (0%), Sodium: 573.61mg (24.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.88g (21.77%), Manganese: 1.28mg (64.11%), Folate: 125.97µg (31.49%), Phosphorus: 306.09mg (30.61%), Copper: 0.6mg (30.16%), Magnesium: 113.83mg (28.46%), Vitamin B2: 0.45mg (26.55%), Fiber: 5.91g (23.63%), Vitamin B6: 0.44mg (22.06%), Selenium: 14.54µg (20.77%), Vitamin K: 21.03µg (20.03%), Vitamin B1: 0.3mg (19.86%), Iron: 3.55mg (19.72%), Vitamin B3: 3.91mg (19.56%), Vitamin B5: 1.83mg (18.33%), Potassium: 633.44mg (18.1%), Zinc: 2.18mg (14.5%), Vitamin C: 7.06mg (8.55%), Vitamin E: 1.21mg (8.07%), Vitamin A: 354.21IU (7.08%), Calcium: 64.23mg (6.42%), Vitamin D: 0.18µg (1.21%)