



Mushroom Stuffing

READY IN



45 min.

SERVINGS



14

CALORIES



442 kcal

SIDE DISH

Ingredients

- 2 cups apple without peel diced
- 12 cups bread crumbs dried
- 6 tablespoons butter
- 1 cup celery chopped
- 1.5 cups chicken broth hot
- 2 eggs beaten
- 1 pound mushrooms fresh sliced
- 0.3 teaspoon ground pepper black
- 1 cup onion diced

- 0.3 cup parsley chopped
- 1 teaspoon poultry seasoning
- 1 teaspoon salt

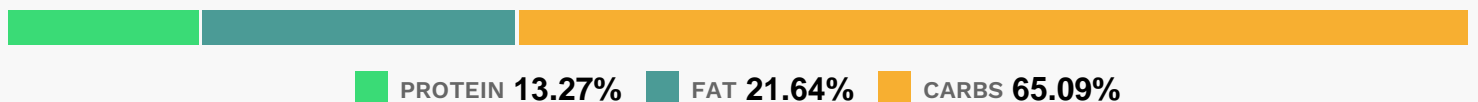
Equipment

- frying pan
- oven
- mixing bowl
- casserole dish

Directions

- Butter one 9x13 inch casserole dish. Preheat oven to 375 degrees F (190 degrees C).
- Rinse, pat dry and quarter mushrooms. In large skillet heat butter and add mushrooms, onion and celery; saute 5 minutes and remove from heat. Stir in poultry seasoning, salt and pepper.
- In large mixing bowl, combine bread crumbs with broth and eggs, add mushroom mixture, apples and parsley; mix well. Turn into casserole dish.
- Cover and bake at 375 degrees F (190 degrees C) for about 45 minutes.
- Remove cover and bake 15 minutes longer to brown top.

Nutrition Facts



Properties

Glycemic Index:16.93, Glycemic Load:1.17, Inflammation Score:-6, Nutrition Score:19.859999739605%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 2.52mg, Apigenin: 2.52mg, Apigenin: 2.52mg, Apigenin: 2.52mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.57mg, Isorhamnetin:

0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

Nutrients (% of daily need)

Calories: 442.09kcal (22.1%), Fat: 10.61g (16.32%), Saturated Fat: 4.43g (27.71%), Carbohydrates: 71.78g (23.93%), Net Carbohydrates: 66.49g (24.18%), Sugar: 8.97g (9.96%), Cholesterol: 36.79mg (12.26%), Sodium: 993.32mg (43.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.63g (29.27%), Vitamin B1: 0.94mg (62.71%), Manganese: 0.92mg (46.21%), Selenium: 28.53µg (40.76%), Vitamin B3: 7.44mg (37.22%), Vitamin B2: 0.56mg (33.07%), Folate: 114.83µg (28.71%), Iron: 4.94mg (27.46%), Vitamin K: 27.88µg (26.55%), Fiber: 5.29g (21.15%), Phosphorus: 203.43mg (20.34%), Calcium: 186.09mg (18.61%), Copper: 0.36mg (18.13%), Magnesium: 47.6mg (11.9%), Vitamin B5: 1.15mg (11.49%), Zinc: 1.67mg (11.12%), Potassium: 361.09mg (10.32%), Vitamin B6: 0.19mg (9.3%), Vitamin B12: 0.41µg (6.8%), Vitamin A: 320.86IU (6.42%), Vitamin C: 4.01mg (4.86%), Vitamin E: 0.36mg (2.38%), Vitamin D: 0.19µg (1.27%)